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THE DEVELOPMENT OF ORGANIZED RECREATION AND PHYSICAL EDUCATION IN ALBERTA

Helen Margaret Eckert

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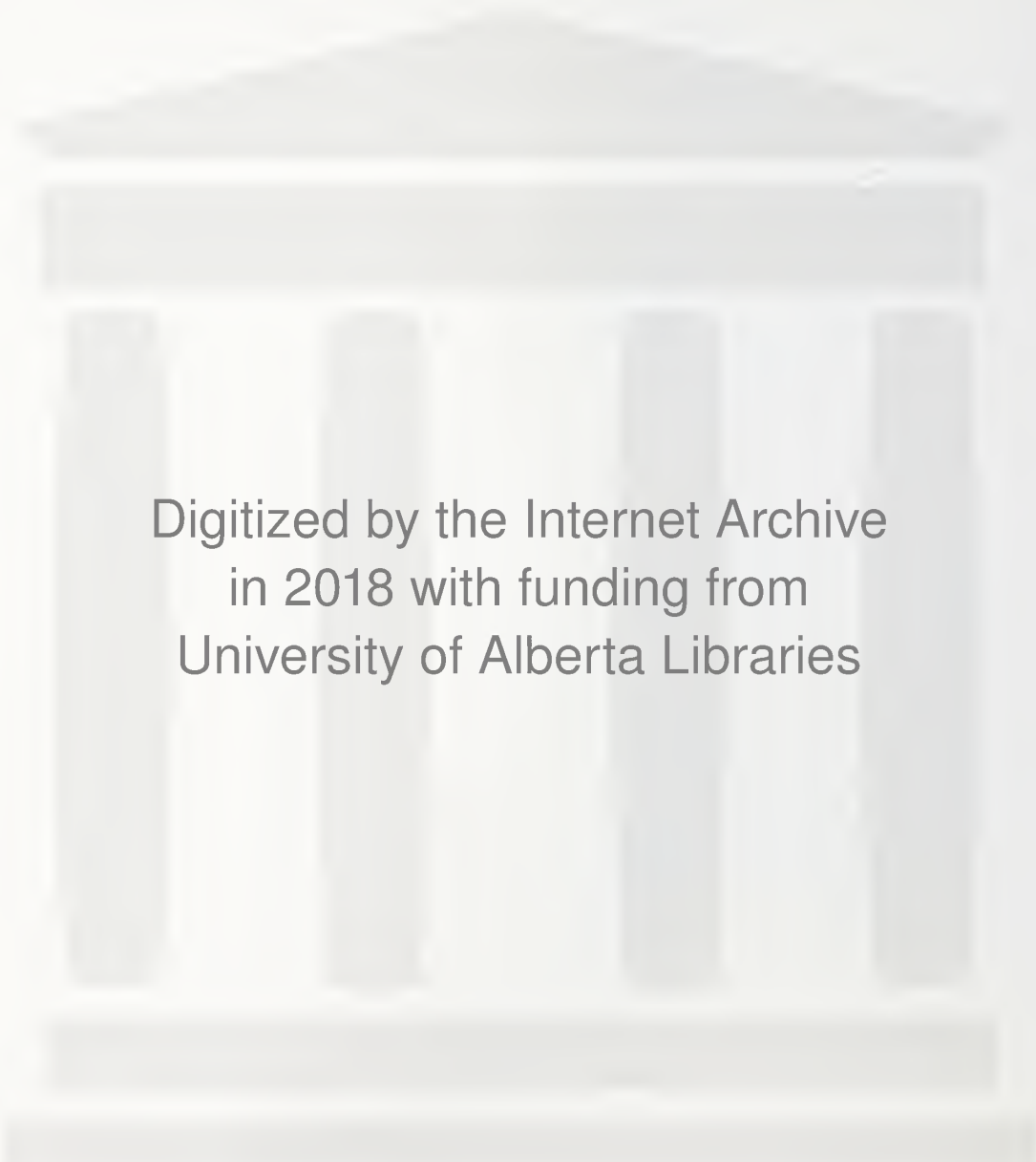
THE DEVELOPMENT OF ORGANIZED RECREATION AND PHYSICAL EDUCATION IN ALBERTA

A DISSERTATION SUBMITTED
TO THE COMMITTEE ON GRADUATE STUDIES
IN PARTIAL FULFILMENT OF THE DEGREE OF
MASTER OF EDUCATION

FACULTY OF EDUCATION

BY
HELEN MARGARET ECKERT
EDMONTON, ALBERTA

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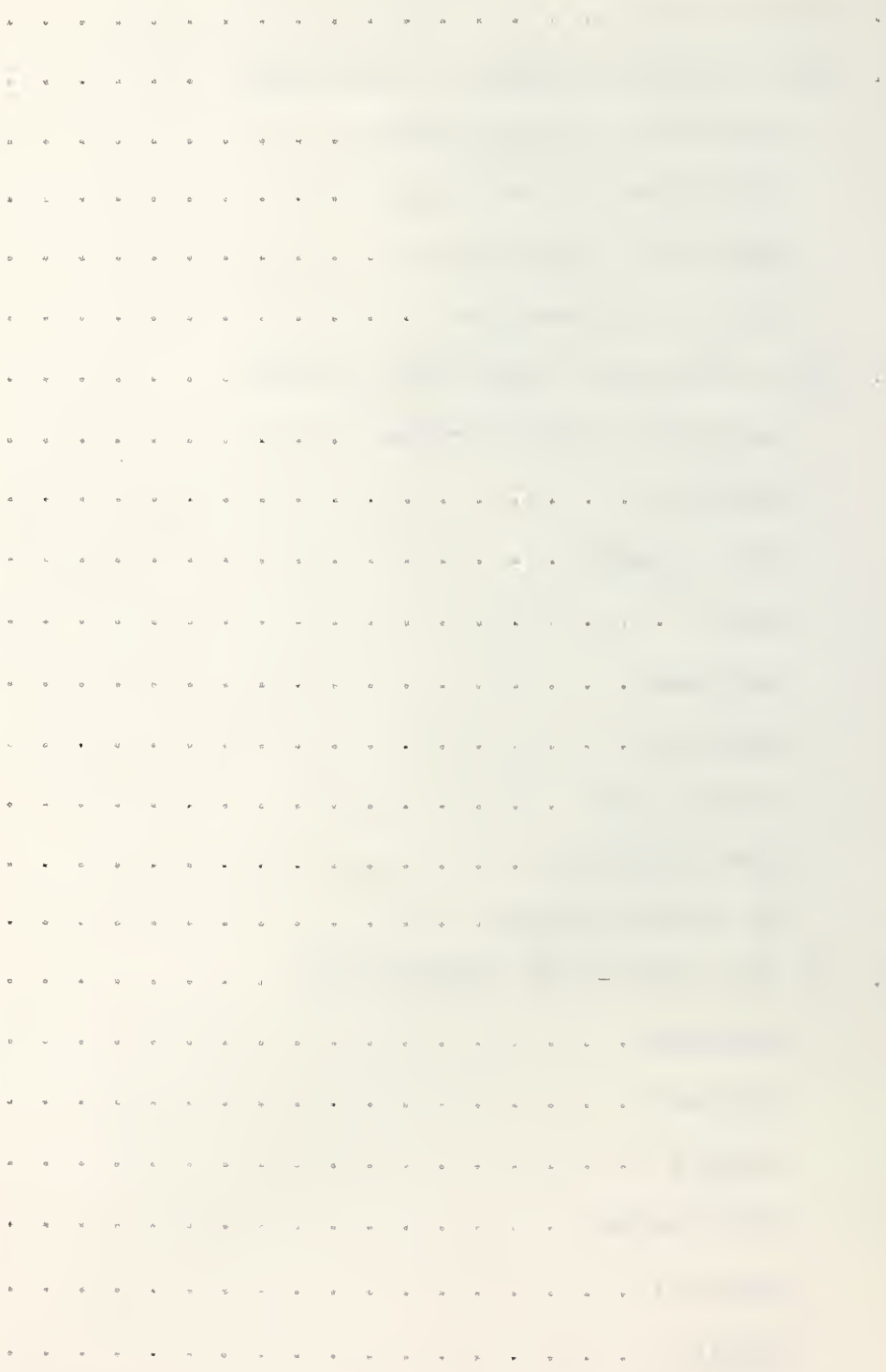
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SYNOPSIS

The primary aim of this study is to trace the organizational development of recreation in Alberta from earliest recorded history until the present day. In developing the theme, an attempt has also been made to show the physical recreation activities of the two distinct cultures that have been dominating influences in the area; namely, the Indian and the Western European.

The study shows the isolated growth of physical recreational activities until increase in population and economic wealth, political divisioning, and transportation improvements facilitated organization on the provincial level. Various public spirited organizations also contributed to the development of organized recreation by providing much-needed facilities and promoting a greater interest in recreation.

One of the objectives of physical education is to develop interest in leisure physical recreation among the youth of Alberta. As physical education in some form has been taught to students since the formation of the earliest schools, it has been the greatest single influence for promoting a sustained interest in physical recreation. Its contributions, therefore, are given major treatment in tracing the organizational development for recreation.

The study shows a continuous and gradually increasing interest in physical recreation throughout the area's recorded history.

CHAPTER I

INTRODUCTION

This study will attempt to show the organizational development of recreation and the trends in physical education leading to the modern program of games, sports and rhythmics.

During the evolution to a modern urban society, man has changed his methods of livelihood so that, in comparison with his previous vigorous physical existence, he now leads a relatively sedentary physical life. Throughout recorded history there has been little or no change in the physiological and anatomical structure of the human body while the demands imposed upon it have changed considerably. As man began to depend more upon his brain and less on physical strength to earn a living, he also began to use his leisure moments for sports and games to relieve nervous tension and to stimulate organic vigour in a body that was becoming sluggish from lack of use.

Man, always an organizer, soon focussed attention on the haphazard use of leisure time with the result that recreational activities were given some measure of order. Universal education, bringing together all the youth of the nation in organized groups, offered the opportunity to create a program aimed at the development of the physical well-being

as well as the mental capacities of the students.

The development of recreation in Alberta traces, in the span of two hundred years, the transition from that of a savage culture to a modern urban recreational program. When the first white explorers entered the Alberta area, the Indians were still observing the primitive recreational activities that had been handed down through generations of forefathers. With the arrival of the fur traders and missionaries, some of the European recreational activities were introduced to the populations of the forts and the missions.

After Rupert's Land became part of Canada and the Canadian Pacific Railway was built, settlers began to occupy the rich farm lands, and cities sprang up where the fur trader's forts had stood. These settlers brought with them the educational and recreational traditions of their former homes to provide the basic pattern from which our present systems have evolved.

The scattered locations and the rapidity of growth of the new settlements resulted in the sporadic development of recreational sports. This growth of sports was confined to the local scene by the lack of adequate transportation facilities and the vast area that would be involved in an organization based on the North-West Territories divisioning. The formation of the Province of Alberta provided a more compact unit as a basis for the organization of sports and the

provincial organizations formed were then able to co-ordinate the activities on the local level. Improved inter-community transportation was also a factor in determining the effectiveness of the new associations.

The growth of cities and towns occasioned a demand for groups which could provide recreational outlets for the individual. This demand resulted in the growth of organizations such as sports associations, the Y.M.C.A., Boy Scouts, Community Leagues, church groups, and service clubs. These played a very important part in the early development of recreation and continue to play a prominent role today.

Pressure exerted on civic authorities by these groups resulted in increased municipal interest in the recreation program of the community. In the main this interest manifested itself in supplying and maintaining suitable recreation areas. After the second World War, however, the need for an organization that would guide all the scattered recreational groups within a municipality resulted in the formation of municipally sponsored recreation commissions in six Alberta cities.

In 1938 the Dominion-Provincial Youth Training Program marked the initial entry of any major government agency into the realm of recreation. This initial endeavour was superseded by the National Fitness Act under which the Dominion and Province offer to assist communities unable to

sponsor a recreation program themselves.

The Ordinances of the North-West Territories refer to the teaching of physical education as early as 1889; however, it was not until the formation of the Province that a definite program of physical education was outlined for the schools of Alberta. Subsequent course of study changes developed the physical education program from the stereotyped calisthenics to the modern program stressing sports, games and rhythmics.

Strathcona Trust made a valuable contribution to the early development of teacher training in physical education but was superseded by the physical education programs of the Normal Schools. Later the teacher training program of the Normal Schools was taken over by the Faculty of Education of the University of Alberta with students interested in the teaching of physical ecucation taking courses towards a major in the field. By the fall of 1950, teachers-in-training were able to enrol in a four year program leading to the degree of Bachelor of Education in Physical Education.

CHAPTER II

THE PURPOSE AND PLAN OF THE STUDY

Statement of the problem. The purpose of this study is to gather together in a logical sequence the events that have contributed to the development of organized recreation and physical education in the Province of Alberta. Through this work it is hoped to give the reader a clearer understanding of the recreational background of Alberta with which to interpret and analyse present happenings in this field.

Importance of the study. The contributions of this study may be considered as having a fourfold value.

(1) Progress in recreation and physical education in the Province of Alberta has been difficult to determine because the facts pertaining to this field are recorded in widely scattered sources of information. This study is the first attempt to record these facts in one volume.

(2) This history attempts to recognize and re-emphasize certain principles of recreation and physical education which are still fundamentally sound and of value in the modern recreational program but which may have been overlooked by present day workers in the field.

(3) Few attempts have been made to record the cultural development of Western Canada. As recreation and physical

education are part of the cultural heritage of a people, this study will give recognition to the contributions of recreation and physical education in the cultural development of Alberta.

(4) Any human activity that is worthy of consistent attention and participation on the part of the general public is worthy of recording. Recreation has played an important part in the lives of the people of Alberta from the first recorded events to the present day. As such, it is worthy of acknowledgement from the purely historical standpoint of recording human activities.

Scope and limitations. This history will cover a span of just over two hundred years from the coming of the first white man in 1751 to 1952. As Edmonton was the first established settlement in this region and is at present the largest city in Alberta, it will be used as the model for the general developments within the Province. Specific instances in which another region had a definite "first" will, of course, be cited. The first beginnings of recreational sports will be given detailed attention until these sports become organized on a provincial level. The provincial organization will then be regarded as reflecting the general development within the province. This study will not attempt to record championship teams but will refer to these only when they have influenced organization or participation in a particular activity.

Recreation, in the broad meaning of the word, includes such activities as art, music, drama, handicrafts, and hobbies as well as sports, games and dancing. However, only those recreational activities that have a correlation with physical education, namely sports, games and dancing, will be considered in this account and subsequent use of the term "recreation" will be in this narrow sense. Thus it will be seen that a general background only will be given of the recreational activities to show their organizational development before they were incorporated as activities into our present physical education program. A detailed account of any of these activities could in itself furnish enough material for a thesis.

Method of procedure. Since this is the first study to deal exclusively with recreation and physical education in Alberta, there are no previous histories or specific publications that would serve as models for the writer. Certain selected interviews were used to provide a general background of the material available and to give direction in research for documentated evidence. As the validity of verbal reports becomes less with the passing of time, the main emphasis has been placed upon library research using the facilities of the University of Alberta Library, the Legislative Library, the

Edmonton Public Library and the newspaper files.

For the purpose of this study, the social history of Alberta has been considered as falling into five natural categories: the era of the fur trader, the period of administration as part of the North-West Territories, the formative period of the Province, the era between the two World Wars, and the present post-war period. Since the development of recreation and physical education parallels and is influenced by these social changes, this study will also be divided into these five divisions.

The manuscript journals of the explorers Alexander Henry and David Thompson[1] provide interesting sidelights on the activities of the Indians while the artist Paul Kane[2] and the fur trader Daniel Harmon[3] made broader studies of the Indians' habits. The journal of the Rev. Robert Terrill Rundle[4] and the biography of Father Lacombe by Katherine

1 Elliott Coues, New Light on the Early History of the Greater Northwest, The Manuscript Journals of Alexander Henry and of David Thompson (New York: Francis F. Harper, 1897).

2 Paul Kane, Wanderings of an Artist Among the Indians of North America (Toronto: The Radisson Society of Canada, 1925).

3 Daniel W. Harmon, A Journal of the Voyages and Travels in the Interior of North America (New York, Allerton Book Co., 1822).

4 R.T. Rundle, Extracts from the Journal of Rev. Robt. Terrill Rundle (Copy in the Legislative Library, Edmonton).

Hughes[5] furnish a background of the work of the missionaries among the Indians. However, the autobiographical stories by the Rev. Dr. John McDougall[6] gave a richer account of the recreational activities among the missionaries and the Indians.

A few pioneers such as J.D. Higinbotham[7] have recorded their life histories to sketch in the outline of recreational development. The appearance of the Edmonton Bulletin in 1880 provides the first continuous account of the achievements in the recreational field. Other newspapers, such as the Calgary Herald and the Edmonton Journal, enter the scene shortly after to augment this information.

The annual reports of the Council of Public Instruction of the North-West Territories are the first to mention physical education and the subsequent annual reports of the Department of Education give the sequence in the development in this phase of education. The publication of courses of studies by the Department of Education of the Province of Alberta reflects the trends in the teaching of physical education at the time the courses were issued.

From the foregoing account, it will be noted that the original, or copies of the original, documents have been used, in as far as is possible, to gain authentic information upon which to base the statements made in subsequent pages.

5 Katherine Hughes, Father Lacombe, The Black Robe Voyageur (Toronto: McClelland and Stewart, 1920).

6 John McDougall, Saddle, Sled and Snowshoe (Toronto: William Briggs, 1896).

7 J.D. Higinbotham, When the West Was Young (Toronto: The Ryerson Press, 1933).

CHAPTER III

FROM THE EARLY EXPLORERS TO 1870

Before the coming of the white man to the plains area of Canada, the Indian tribes had developed recreational activities and a rudimentary form of physical education of their own. Since the plains Indians were nomadic, following their food supply from place to place, the recreational activities would necessarily require simple equipment that could be easily transported. Hunting and fishing supplied the food for these people so the acquiring of the physical skills required in riding a horse and shooting a bow and arrow formed the main education of the Indian warrior.

The Indians of Alberta were divided into two main groups; namely, the Crees and the Blackfoot Confederacy. The Crees occupied the parkland north of the North Saskatchewan River while the Blackfeet held domain over the area south of the North Saskatchewan. The Blackfoot Confederacy consisted of the Blackfeet, the Piegans, and the Blood Indians with the Blackfeet the dominating tribe. Another tribe, the Stoney or Stone Indians, lived mainly in an area west of the Crees along the North Saskatchewan and north of Rocky Mountain House. This tribe usually allied itself with the Crees in disputes with the Blackfeet.

The Blackfeet were lords over the rich buffalo land of Central Alberta and were constantly driving off the less fortunate neighboring tribes. The buffalo provided food,

clothing, and shelter for the Blackfeet who pursued them with the aid of their horses. When Henday reported that the plains Indians rode horses he was laughed at for his superiors thought that the fastest means of transportation the Indians possessed was the canoe. The Blackfeet, however, did not know how to build or operate a canoe and showed little inclination to learn when Henday invited them to make the long journey down the Saskatchewan to the Hudson's Bay Company posts.

The Crees, in the lake-dotted woodland of the North Saskatchewan area, relied on hunting and fishing for their livelihood. The fish, mainly whitefish, were caught with the aid of a net or, in some instances, by the use of a spear. The hunter found a variety of game, including deer, elk, moose, and the wood buffalo, at the disposal of his well-aimed arrow. Harmon, in his Journals, has the following to say about the skill in archery of the plains Indians.

> Their youth, from the age of four or five to that of eighteen or twenty years, pass nearly half of their time in shooting arrows at a mark; and to render this employment more interesting, they always have something at stake, which is generally nothing more than an arrow, or something of small value. From so early and constant a practice, they become, at length, the best marksmen, perhaps, in the world. Many of them, at a distance of eight or ten rods, will throw an arrow with such precision, as twice out of three times, to hit a mark of the size of a dollar.[1]

1 Daniel W. Harmon, A Journal of Voyages and Travels in the Interior of North America (New York: Allerton Book Co., 1822) p. 312.

The mounted plains Indians were very proud of their horses and their skill in managing them. Paul Kane, during a buffalo hunt in 1846, records the exploits of one of these lords of the plains.

> As is frequently the case in buffalo hunts, a large band of wolves hovered around us in expectation of a feast, and a young Indian, for the purpose of showing his dexterity, galloped off towards them mounted on a small Indian horse. He succeeded in separating one from the pack, and notwithstanding all the dodging of the wolf, managed to drive him quite close to us. As he approached he entirely abandoned his bridle, and to look at them, one would imagine, from the rapid turnings of the horse without the apparent direction of the rider, that he was as eager in pursuit as his master. When he had succeeded in getting the wolf close to us, he transfixed him with an arrow at the first shot.[2]

The Indians were just as keen to try the speed of their mounts as the white man is today. Paul Kane sketched one of these races during a visit among the Blackfeet and gave the following verbal background to the event.

> After our smoke several of the young Braves engaged in a horse race, to which sport they are very partial, and at which they bet heavily; they generally ride on those occasions stark naked, without a saddle, and with only a lasso fastened to the lower jaw of the horse.[3]

As well as spending their leisure moments in improving and maintaining their livelihood skills, the Indians also participated in games that were more purely recreational.

2 Paul Kane, Wanderings of an Artist Among the Indians of North America (Toronto: The Radisson Society of Canada, 1925) p. 82.

3 Ibid., p. 295.

Once the job of killing the game, usually buffalo, was completed, the Indian warrior had only the pleasant task of eating the fruits of his labor. That veritable jack-of-all-trades and work horse, the Indian squaw, took care of all the unpleasant aspects of housekeeping. Harmon, after sixteen years among the Indians of the north west, says that "all the Indians spend much of their time in some kind of amusement" and that "every tribe has amusements peculiar to itself, but some plays are common to all".[4]

The dish game, described by Harmon, is one that Henry records as being played by the Stone Indians[5] and Thompson mentions as being participated in by the Blackfeet.[6]

> What is denominated by the Indians, the dish game, is played with peculiar interest, by all the tribes with whom I have been acquainted. Eight or ten little pieces of bones, or so many buttons, or some similar thing, have a certain number of marks upon their different sides, so that they bear some resemblance to dice. These are put into a dish, which two persons shake alternately, and turn its contents on the ground. The marks on the sides of the bones, etc., which are uppermost, are then counted; and, in a given number of throws, he who can count the greatest number of marks, wins whatever is at stake; for they never play without something.[7]

4 Harmon, op. cit., p. 312.

5 Elliott Coues, New Light on the Early History of the Greater Northwest, The Manuscript Journals of Alexander Henry and of David Thompson (New York: Francis F. Harper, 1897) p. 521.

6 M. MacInnes, In the Shadow of the Rockies (London: Rivingstons, 1930) p. 13.

7 Harmon, op. cit., p. 312.

Henry, who travelled down the Saskatchewan River in the early 1800's, records a game of the hoop, played by the Stone Indians, which is very much like that of the wheel and arrows played by the Blackfeet.

> This game is played in the following manner: They have a hoop about two feet in diameter, nearly covered with dressed leather, and trimmed with quill-work, feathers, bits of metal, and other trinkets, on which are certain peculiar marks. Two persons play at the same time, by rolling the hoop and accompanying it, one on each side; when it is about to fall each gently throws on arrow in such a manner that the hoop may fall upon them; and according to that mark on the hoop which rests on the arrows, they reckon the game.[8]

> The game of wheel and arrows is much affected by the Blackfeet. To play, a board, a small wheel and some arrows are necessary. The board, some eight or ten inches in width, is placed upon the ground on its edge. A similar board is placed in the same way, some ten or twelve feet away. The competitors usually play in pairs. One rolls the wheel or hoop and both follow it, one on each side. As they go, they throw arrows one at a time against the board, and as near to where the wheel will strike as possible. Upon the wheel is a mark, and when it strikes and falls, they measure the distance of the arrows from the mark on the wheel: the one that is nearest wins. They continue the game until one or other wins the number of points agreed upon. The score is kept by small sticks held in the hands of each competitor. This game they play for days at a time with different contestants, the onlookers meantime betting very heavily on results. 9

Aside from those already mentioned, the Stone Indians take part in two additional games of chance.

> They also play another game by holding some article in one hand, or putting it into one of two

8 Coues, op. cit., p. 521.

9 A.O. MacRae, History of the Province of Alberta (The Western Canada History Co., 1912) p. 88.

> shoes, the other hand or shoe being empty. They have another game which requires 40 to 50 small sticks, as thick as a goose-quill and about a foot long; these are all shuffled together, and then divided into two bunches, and according to the even or odd numbers of sticks in the bunch chosen, the players lose or win. They have several different ways of playing with those sticks. 10

MacInnes quotes Thompson's Narrative for a detailed description of the favorite game of the Blackfeet which MacInnes regards as a "rudimentary kind of 'Jenkins up'".

> The Game to which all the Indians of the Plains are most addicted, and which they most enjoy, is by hiding in one of the hands some small flat thing, generally the flat tooth of the Red Deer, and the other party (has) to tell in which hand it is. It is played by two persons, but generally representing parties. It takes place in the early part of the night and continues a few hours. It is played in a large tent; the opposite parties sitting on different sides of the tent. In the hind part of the tent the Umpire sits with the stakes on each side. Both parties throwing their robes and upper dress off, and sit bare above the belt, and each having chosen its lucky man, the Umpire shows the Red Deer's tooth, which is marked to prevent being changed, he hides it in one of his hands, and the party that guesses the hand in which it is begins the game; its lucky man showing he has the tooth begins a song in which his companions join him, he in the meantime throwing his arms and hands in every position; the other party all quietly watching all his motions. In a few minutes he extends his arms straight forward with both hands closed, and about six inches apart, and thus holds them until the opposite party guess in which hand the tooth is; this is not always immediately done, but frequently after a short consultation; if they guess wrong, the winning party continue with the same gesticulation and song as before, until a good guess is made and the tooth handed to the lucky man of the

10 Coues, op. cit., p. 521.

> other party; and thus the game is continued until one of them counts ten, which is game. When the guess is made in which hand is the tooth, both hands are thrown open. The Umpire now takes the stakes of the losing party, but keeps them separate. The losing party now hand to the Umpire another stake to regain the one they lost. Thus the game continues with varied success until they are tired, or one party cannot produce another stake; in this case the losing party either give up the stakes they have lost to the winners, or direct the Umpire to keep (them) for the renewal of the game the next night. However simple this game appears, it causes much excitement and deep attention in the players. The singing, the gesticulation, and the dark flashing eyes as if they would pierce through the body of him that has the tooth, their long hair, and muscular naked bodies, their excited, yet controlled countenances, seen by no other light than a small fire, would form a fine scene for an Artist. 11

As a preliminary to the above game, MacInnes makes the observation that "as it was too dangerous for parties of braves to play against each other, the games were always between individuals who, however, on some occasions represented groups".[12] The war-like nature of the Blackfeet probably prevented the development of a team game among these Indians. However, Paul Kane records the playing of the game of lacrosse among four widely separated tribes of Indians. Of the Chinook Indians in British Columbia, who he visited in 1846, he says

> They take great delight in a game with a ball, which is played by them in the same manner as by the Cree, the Chippewa, and Sioux Indians. Two poles are erected about a mile apart, and the company is divided into two bands, armed with sticks,

11 MacInnes, op. cit., p. 13.

12 Ibid., p. 13.

> having a small ring or hoop at the end, with which the ball is picked up and thrown to a great distance; each party then strives to get the ball past their own goal. There are sometimes a hundred on a side, and the play is kept up with great noise and excitement. 13

Harmon makes a passing reference to the effect that "the young men often amuse themselves, in the summer season, by a game of ball" but he offers no description of the nature of the game or its participants. However, it is to be assumed that he meant the Crees as he subsequently mentions that the Crees were very fond of and very skillful at the game of draughts, of which, unfortunately, he also offers no description.[14]

Henry offers a very picturesque account of a game of baggattaway (lacrosse) between some Chippeways, who were distant relatives of the Crees and presumably played the same type of game, and some Sac Indians.

> At either extremity of the ground, a tall post was planted, marking the stations of the rival parties. The object of each was to defend its own post, and drive the ball to that of its adversary. Hundreds of lithe and agile figures were leaping and bounding upon the plain. Each was nearly naked, his loose black hair flying in the wind, and each bore in his hand a bat of a form peculiar to this game. At one moment the whole were crowded together, a dense throng of combatants, all struggling for the ball; at the next they were scattered again, and running over the ground like hounds at full cry. Each, in his excitement, yelled and shouted at the top of

13 Kane, op. cit., p. 130.

14 Harmon, op. cit., p. 312.

> his voice. Rushing and striking, tripping their adversaries, or hurling them to the ground, they pursued the animating contest amid the laughter and applause of the spectators. 15

The Indians' love of all games in which chance predominates led to their rapid addiction to cards and dice when these were introduced by the white fur traders. Gamblers found the Indians were very willing victims with the result that, very shortly after the law came to the plains area, the Legislative Assembly of the North-West Territories passed an ordinance prohibiting gambling. Ordinance Number 6 of 1879 required the purchase of licenses for any premise containing billiard tables, bagatelle, mississippi, pigeon-hole or gaming table, or board with balls. The Ordinance also stated

> Every description of gaming, and all playing faro, cards, dice, or any other game of chance, with betting or wagers for or stakes of money or other things of value, and all betting and wagering on any such games of chance, is strictly prohibited and forbidden in the North-West Territories. 16

All the Indians were very fond of dancing and had different dances for religious, festive and war-like occasions. The Sun Dance and the Thirst Dance of the plains Indians had both religious and war-like aspects. The Sun Dance was usually held once a year with a large number of tribes coming together at a central location for the event. In the dancing area, several tall poles were erected. Attached to these poles were

15 Mercer Adam, The Canadian North-West (Toronto: Rose Publishing Co., 1885) p. 45.

16 Ordinances of the North-West Territories, No.6, 1879.

leather cords that ended in a loop about four or five feet from the ground. When the dance was ready to start, the dancer came out attired only in a breech-cloth and was prepared for the dance by having the muscles on his chest raised, a sharpened piece of wood thrust through the sinews of the muscles, and the leather cords on the poles fastened to these skewers. The dancer was then expected to dance around the pole with his weight thrown back on his pierced muscles until the sinews broke thus releasing him.

The Thirst Dance was much the same except the pierced muscles were usually those of the back and the dancer was expected to pull some object, such as a buffalo head, behind him as he danced. The dance was kept up until the sinews broke releasing the dancing wretch. These dances were designed to raise an Indian to the status of warrior in the tribe. The Thirst Dance was the more war-like of the two as it was usually held just before a group set out on a war expedition.

Since hunting, fighting, and horse stealing were the main occupations of the Indians and an Indian could gain renown by excelling in any of these activities, it would seem natural that the Indian would not neglect to tell his contemporaries of his exploits; much like the modern business man likes to tell his friends about a successful business venture. Harmon records a dance held by a group of Crees for

just such an occasion.

> While I was at the camp of the Natives, I was invited to attend and see them dance. The dancers were about thirty in number, and were all clothed with the skins of the Antelope, dressed, which were nearly as white as snow; and upon their heads they sprinkled white earth, which gave them a very genteel appearance. Their dance was conducted in the following manner. A man, nearly forty years of age, rose with his tomahawk in his hand, and made, with a very distinct voice, a long harangue. He recounted all the noble exploits which he had achieved, in the several war-parties with which he had engaged his enemies; and he made mention of two persons in particular, whom he first killed, and then took off their scalps; and for each of these, he gave a blow with his tomahawk against a post, which was set up, expressly for that purpose, near the centre of the tent. And now the musick began, which consisted of tambourines, and the shaking of bells, accompanied by singing. Soon after, the man who had made the harangue, began the dance, with great majesty; then another arose, and joined him; and shortly after, another; and so on, one after another, until there were twelve or fifteen up, who all danced around a small fire, that was in the centre of the tent. While dancing, they make many savage gestures and shrieks, such as they are in the habit of making, while they encounter their enemies. In this course, they continued, for nearly an hour, when they took their seats, and another party got up, and went through with the same ceremonies. Their dancing and singing, however, appeared to be a succession of the same things; and therefore after having remained with them two or three hours, I returned to my lodgings; and how long they continued their amusement, I cannot say. 17

Presumably this event described by Harmon was much the same as one which Henday witnessed on April 23, 1755, in a Blackfoot camp. Henday mentioned to his hosts that particular day was set aside by the people of his country in honor of their patron saint, St. George, and told them the story of

17 Harmon, op. cit., p. 44.

the hero. The Indians were much impressed and, being genial hosts and always ready for a feast, helped Henday to celebrate. He makes the notation that "in the Evening we had a grand feast with Dancing, Drumming, Talking (speeches)".[18]

Dancing played a prominent part in all Indian festive occasions such as visits between tribes, eating parties, and the dedication of a new lodge; the latter having its modern counterpart in our housewarmings of today. A participant in an eating party was expected to consume all the food the liberal host placed before him, or if unable to do so, was to take it with him when he left. After the feast a dance would follow, the men dancing inside the tent while the women danced around the outside to the rhythm of the tom-toms from within the tent.

In a notation in his Journal, made on June 14, 1801, at the Swan River Fort which was about one hundred and fifty miles from the Red Deer River, Harmon records one of the few instances in which Indian men and women staged a dance together. The notation concerns the Crees and is unique in that it mentions the actual foot-work of the dance.

> This afternoon a number of Natives danced in the Fort. Their dance was conducted in the following manner. Two stakes were driven into the ground,

18 J.G. MacGregor, Blankets and Beads (Edmonton: The Institute of Applied Art, Ltd., 1949) p. 70.

> about twenty feet apart; and as one person beat the drum, the others, consisting of men and women, dancing around these stakes. The men had a different step from that of the women. The latter placed both feet together, and first moved their heels forward and then their toes, and thus went twice around the stakes. But the men rather hopped than danced, and therefore went twice round the stakes, while the women went once. They all kept exact time with the music, for they have excellent ears. 19

After Canada acquired Rupert's Land, treaties were signed with the Indians that restricted these nomadic people to reservations set aside for them. The more settled condition of the tribes resulted in a decreased emphasis upon the war-like aspects of their culture to the extent that there were very few adherents to the Sun and Thirst Dances when they were finally banned. However, one is inclined to believe some officials were hiding behind the cruelties of these dances in an attempt to stamp out all dancing among the Indians for MacInnes makes the following preamble to a quotation from J. Buchan's Lord Minto: A Memoir.

> There is good reason for believing that some Indian officials were unduly zealous in their hostility to dancing. Certainly this was the view of Lord Minto, to whom some of the Indians appealed on this subject when he visited the west in 1900. Lord Minto describes the official responsible for the latest limitation placed upon the Terpsichorean customs of the natives, as 'a tall cadaverous Scotchman, more like an elder of the Kirk than anything else, and had the most depressing effect on me ---. I

19 Harmon, op. cit., p. 52.

> cannot conceive of his ever approving of dancing! But why should not these poor people dance? It is their only amusement, and sober beyond words in comparison to a Scottish reel. Of course the Sun Dance and its cruelties it was right to stop, but surely not all dancing---. The ridiculous wish to cut it down, root and branch, on the part of narrow-minded authorities make me sick, and I said plainly that I saw no harm in it, and was in no way opposed to it.' 20

The early history of the area which later became Alberta centres around the Indian; the fur trader came to trade with the Indians and the missionaries came to convert them to Christianity. The only settlements in this region in 1873, one hundred and twenty-two years after the coming of the white men, were nine Hudson's Bay Company trading posts and ten missions -- five Roman Catholic and five Methodist.[21]

Although LaVerendrye sighted the Rocky Mountains in 1739, he was too far south to have traversed any of the area that is now Alberta. The honor of being the first white men in this area goes to some French voyageurs who were supposed to have gone up the South Saskatchewan in 1751 and built a fort called Fort Jonquiere in the foothills where they spent the winter. The next traveller in the area was Anthony Henday who spent the winter of 1754 in the region between Calgary and

20 MacInnes, op. cit., p. 157.

21 J.W. Horan, West, Nor'West, A History of Alberta (Edmonton: Northgate Books, 1945) p. 18.

Edmonton. The object of Henday's visit was to persuade the Indians to make the perilous voyage down the North Saskatchewan River to trade at the Company posts along Hudson Bay. The Indians were very reluctant to leave their warm tepees however and, by the end of the century, both the North West Company and the Hudson's Bay Company were bringing the fort to the Indian.

The adjoining posts of Fort Augustus and Fort Edmonton, built respectively in 1794 by the North West Company and in 1795 by the Hudson's Bay Company, were among the first along the far western reaches of the North Saskatchewan River. Both forts were shifted frequently during the ensuing years until in 1819 Fort Edmonton was permanently located where the City of Edmonton now stands. After the amalgamation of the North West Company and the Hudson's Bay Company in 1821, Fort Edmonton became the chief trading centre of the region. From the Fort goods went to the far north, to the south, and across the Rocky Mountains to the Pacific Coast. Many famous explorers and travellers also passed through its gates going to and from these regions.

The coming of the voyageurs to a fort was usually a big event and rival forts would get together to celebrate the occasion. Regardless of how tired they were and their day usually started at four or five in the morning, the

voyageurs would enter the fort in their gayest clothes, dance the whole night through, and often renew their journey in the morning. A diary entry by Henry on September 15th, 1808 at Fort Vermilion records such an event.

> We had a dance which lasted until daybreak; our H.B. Co. neighbors were of the party, and all was mirth -- our men as smart and active as if they had rested for a month. 22

These affairs seemed to be very popular as Henry later makes the comment "but we were much crowded, there being present 72 men, 37 women, and 65 children, and the room being only 22 x 23 feet, made it disagreeably warm".[23]

The shortage of women at the event must have been a handicap even though it tended to give the voyageurs some of their much needed rest. The condition was soon alleviated, however, for Campbell makes the observation

> But when in 1821 union brought the really great days of the upper river posts, especially Fort Edmonton, Indian and half-breed girls learned a few words of English to mix with their native Cree and Blackfoot and the already acquired French. They learned to dance the reel and schottische as well as the gavotte. Bagpipes moaning the "Song of the Isles" stirred their blood as thrillingly as their native tom-toms drumming a war dance. 24

22 Coues, op. cit., p. 507.

23 Ibid., p. 521.

24 Marjorie Wilkins Campbell, The Saskatchewan (New York: Rinehart and Co. Inc., 1950) p. 135.

Dancing seems to have been the main activity in Fort Edmonton during the Christmas festivities for Campbell notes

> Everyone who could, danced. The white men wore off the effects of their enormous dinner with Indian girls who jumped up and down, up and down, quite rhythmically and lightly, keeping their feet together. Everyone joined in the Chasse aux Lievres, the round dance in which either a man or girl is put in the centre and danced about, till there is a pause when someone must be kissed, generally "with great decorum" while another sings
>
> De ma main droite,
> Je tiens Rosalie,
> Belle Rosalie!
>
> Quit porte la fleur
> Dans le mois de mai,
> Belle Rosalie!
>
> Embrassez quit vous voudrez
> Car j'aurai la moite.
>
> French and Scottish tunes were played over and over until the gentlemen were more than ready to retire. Everyone went to bed hearing the slip-slap, slip-slap of moccasined feet and the lilt of the violin. Through their dreams persisted the "Red River Jig", "McLeod's Reel" or some haunting Gallic melody.[25]

Paul Kane's classic description of Christmas in Fort Edmonton in 1847 is quoted by MacGregor as being typical of many such events.

> In the evening the hall was prepared for the dance---. The dancing was most picturesque, and almost all joined in it. Occasionally I, among the rest, led out a young

25 Ibid., p. 171.

> Cree squaw, who sported enough beads round her neck to have made a pedlar's fortune, and having led her into the centre of the room, I danced around her with all the agility I was capable of exhibiting, to some highland-reel tune which the fiddler played with great vigour, whilst my partner with grave face kept jumping up and down, both feet off the ground at once, as only an Indian can dance. 26

The dances held at Fort Edmonton are also mentioned in the Diary of the Hudson's Bay Company and in the Journal of the Rev. Robert Rundle. Rev. Rundle was present at the gathering which Paul Kane describes but gives no account of the incident other than to mention that the festivities kept away worshippers.

Christmas, although the most popular of the holidays at the forts, was by no means the only time the inhabitants got together during the long winter months. MacRae gives us a brief picture of winter activities during the factor days of the west.

> Splendid dances were held, impromptu concerts were given; all were en fête. The dance was a very popular pastime at every post in the land. Few forts but had violins, the most popular instruments by the way, among the Scotch, and much beloved by the half-breeds. In the long evenings it was common to send forth invitations for a dance. From far and wide came the half-breed maidens, and dusky Indian damsels, and their male friends and relatives, to trip the merry measures, to shake the floor with jig and reel, and make the rafters ring with laughter and song. 27

26 MacGregor, op. cit., p. 172.

27 MacRae, op. cit., p. 143.

Fort Edmonton, being the largest in the area, was able to offer its visitors more than just dancing. The enterprising Mr. Rowand took advantage of the fact that horses did not have to be imported into the country and of the terrain around the fort to construct a race course. Alexander Ross, in a trip through Fort Edmonton in 1825, mentions in his description of the Fort that

> Adjoining the cultivated fields is a very fine, level race-ground of two miles or more in length; horse racing being one of the chief amusements of the place during the summer season; and here we may observe the Fort des Prairies (Edmonton) is not only celebrated for fine women but for fine horses. Mr. Rowan, a man of active habits, good humor, and fond of riding and racing as a pastime, keeps some of the best horses the country can produce, and we were favoured with a specimen of them. 28

The "specimen" Mr. Ross received was a good gallop around the course on a very spirited chestnut that stood sixteen hands high.

The first missionary to come to the district that was later to become Alberta and make any lengthy stay was the Rev. Robert Terrill Rundle, a Methodist. Rev. Rundle came to Fort Edmonton in 1840 and, using the Fort as his base, visited both the Crees and Blackfeet on teaching expeditions. Poor health compelled him to return to England in 1848 without having set up any permanent mission.

In 1852 the man who is probably the most famous of our

28 Ibid., p. 199.

missionaries, Father Lacombe, came to Fort Edmonton to begin his labors which were to continue for the next sixty-five years. After setting up a Roman Catholic Mission at Whitefish Lake, Father Lacombe and Brother Scollen opened the first school in Fort Edmonton. The one-room log structure, built in 1861, housed only Indian and half-breed children as there were as yet no white women in the country. No indication is given of the course of studies but it is to be assumed that the Bible was the main text. Father Lacombe mentions that his charges were a wild lot who curiosity would take out the door as soon as there was any disturbance in the neighborhood. Presumably the youngsters got enough exercise during these unsolicited expeditions. The Indians did not take readily to the confines of school and the school had to be closed in 1868.

The next missionary to come to Alberta was the Rev. George McDougall, a Methodist, who established a mission at Victoria (now Pakan) in 1862. In the following year, Mrs. McDougall and the rest of the family joined him there; Mrs. McDougall thus becoming the first white woman in Alberta. After establishing another mission at Morley, Rev. Mr. McDougall became lost in a snow storm and perished. His son, John, also became a missionary and carried on with the work his father had started.

John McDougall came to the plains as a young man and he

soon acquired a reputation as an athlete. He says, in commenting on the life of a missionary, that "one had to be tough and hardy and willing, or he would never succeed as a traveller and trapper in the 'great lone land' in those days".[29] His reputation as a runner was established in the spring of 1863 and this incident had the same effect as does prominence in athletics today.

> It was at this time that I got a name for myself by winning a race. The Indians had challenged two white men to run against two of their people. The race was to be run from Mr. Woolsey's tent to and around another tent that stood out on the plain, and back home again - a distance in all of rather more than two-thirds of a mile. I was asked to be one of the champions of the white men, and a man by the name of McLean was selected as the other. Men, women, and children in crowds came to see the race, and Mr. Woolsey seemed as interested as any. The two Indians came forth gorgeous in breech-cloth and paint. My partner lightened his costume, but I ran as I worked.
>
> At a signal we were away, and with ease I was soon ahead. When I turned the tent, I saw that the race was ours, for my partner was the first man to meet me, and he was a long distance ahead of the Indians. When within three hundred yards of the goal, a crack runner sprang out from before me. He had been lying in the grass, with his dressed buffalo-skin over him, and springing up he let the skin fall from his naked body, then sped away, with the intention of measuring his speed with mine. I had my race already won, and needed not to run this fellow, but his saucy action nettled me to chase him, and I soon came up and passed him easily, coming in about fifty yards ahead.
>
> Thus I had gained two races, testing both wind and speed. That race opened my way to many a lodge, and to the heart of many a friend in subsequent years. It was the best introduction I could have had

29 John McDougall, Saddle, Sled and Snowshoe (Toronto: William Briggs, 1896) p. 44.

> to those hundreds of aborigines, among whom I was to live and work for years. 30

John McDougall is the first to mention sporting activities with which we are more familiar today. When starting for Fort Garry in the summer of 1863, McDougall and his party met a party of French half-breeds from Lac La Biche and the two groups travelled together for a while.

> At one of our evening encampments, one party challenged the other to a contest in athletic sports, and we beat them badly, my man Baptiste leaving their best man easily in a footrace. Of this I was glad, for he also was a French mixed blood, and of themselves. Then, in jumping and throwing the stone we were far ahead, and my men were greatly pleased at our victory. I confess to feeling pleased myself, for I delighted in these things at that time. 31

This evening's entertainment might possibly be considered as the first track and field meet in Alberta. Although there is no mention made of Indians taking part in track events previous to McDougall's records, it can reasonably be assumed that, with their method of living emphasizing the physical, the Indians would undoubtedly have tested their abilities in running and jumping before the white man came.

The Christmas activities at the missions of the McDougall's offered much more variety than those at the forts

30 Ibid., p. 52.

31 Ibid., p. 136.

and, though more sober, were no less jubilant.

> Christmas found us all well, and our service, and the dinner and the games and drives which followed, though unique, were full of pleasant excitement. We had no flashing cutters nor gaudily harnessed horses, but we had fast and strong dog teams, and we improvised carioles and had some wild driving over hill and dale. We ran foot races and snowshoe and dog-train races. We played football and made this part of the Saskatchewan valley ring with our shouting and fun. 32

McDougall has the distinction of being the first white man to mention the typically "white" sporting activity of football. It seems strange that the game should be played at the height of the winter season but it must be remembered that the McDougall family was of British extraction and the football season in Britain falls during our winter months. It was not until much later that the sport became a summer activity in Alberta.

McDougall is also the first to mention dog team races which were later to become very popular and almost classics in the northern parts of Canada and Alaska. He gives a colorful account of a race of twelve miles back to Victoria after a hunting trip in 1864.

> I said, "Tom, are you ready?" He answered "Yes!" The next word was a simultaneous "Marse!" and off we went. My dogs were ahead. I took the road and let them go at their own pace for a couple of miles. I did not even take off my coat, but ran along behind the dogs. Presently we came to a bit

32 Ibid., p. 252.

> of plain, perhaps a quarter of a mile long, with bush at either end. As I reached the farther end, and was about to disappear in the woods, I cast a look behind, and saw that Tom was about to emerge on the plain at the other end. I saw I was already a long way ahead, but now my blood was up, and pulling off my coat I stuck it in the head of the sled, then made a jump for a small dry poplar, and with a terrific yell broke this against a tree. My dogs bounded away as if there were no load behind them, and we went flying through the woods and across bits of prairie. All of a sudden I met a procession of old women, each with several dogs attached to travois following her. They had gone to the mission with loads of provisions to cache in our store-house for use in the spring when the various camps would move in from the plains for a time. As the old ladies stood there effectually blocking the way, I shouted to them as I ran, "Grandmothers! all of you give me the road, I am running a race!" It was amusing to see the quick response of the old women. Those dogs and travois were pitched into the snow in short order, and as I flew past them, thanking them as I flew, I could hear the words come after me: "May you win! may you win, my grandchild!"
>
> I was thankful that I had passed the old ladies so quickly and so easily, and could not help but speculate as to how my friend behind might find them. Reaching the big hill, I threw my load over on its side, and let it drag down like a log, then at the foot of the hill righted it up, and dashed on across the river, and up to the store-house. I then unharnessed my dogs, unloaded the sled, put away both harness and sled, went over to the house, washed and changed, and still there was no sign of my competitor. 33

The Indian women made sure McDougall would win by refusing to budge from the trail when his friend, Tom, came along. The Indians' usage of their dogs is interesting for dog teams were an adaptation from the Indian method.

The sparsity of population during the first one hundred

33 Ibid., p. 120.

and twenty-one years of the recorded history of Alberta prevented the development of any organized form of recreation or education as far as the white population was concerned. The Indians were organized in their arrangements for the Sun and Thirst dances but, in the opinion of most authorities, the rest of their activities were impromptu affairs for the nomadic life of the Indians was not conducive to organized recreation. A fairly well populated, settled type of community would have to develop on the plains area before there would be any felt need for organized recreation.

Note: In subsequent chapters, the material has, unless otherwise specifically annotated, in the main been gleaned from the newspaper files of the Edmonton Bulletin for the period of 1881 to 1925 and from the newspaper files of the Edmonton Journal for the period 1925 to 1953. The material relating to physical education in the schools has been taken almost entirely from the Ordinances of the North-West Territories from the period 1870 to 1905 and from the annual reports of the Department of Education for the Province of Alberta thereafter.

CHAPTER IV

IN THE NORTH-WEST TERRITORIES

On November 19th, 1869, the agreement that transferred ownership of Rupert's Land from the Hudson's Bay Company to the Dominion of Canada was signed. The area was renamed the North-West Territories with its divisional government first at Battleford, then moved, in 1882 to Regina. The new territory that the Dominion took over was not entirely barren of settlement. Small villages, composed mainly of ex-Company personnel who had decided to settle in the West after their retirement, plus a sprinkling of settlers who had moved west to escape the confusion of the first Riel Rebellion, had begun to grow up around the forts.

The first concern of the Dominion Government was the preservation of law and order in the vast, newly-acquired area. The North West Mounted Police were organized to handle this seemingly impossible task with the result that their heroic exploits have become legends in Canadian history. The first Police arrived in what is now Alberta in 1874 where they built Fort Macleod on the Old Man River as a base of operations. The following year a post was built at the junction of the Bow and Elbow Rivers that was, after many changes, to receive the name of Fort Calgary in 1876.

To clear the way for future settlers, the Dominion

Government, with the aid of the Police and the missionaries Father Lacombe and the Rev. Mr. John McDougall, signed treaties with the Indians. Under the terms of these treaties, the Indians were allotted certain reserves of land and were to receive annual payments of money and educational benefits in return for giving up all claim to the lands over which their forefathers had roamed for generations. As the Indians became established on their reserves and the white pioneers began to stock and plow the western prairie, the influence of the Indians began to dwindle. Only during the brief period of the second Riel Rebellion in 1885, when the settlers feared an Indian uprising, did the Indians achieve any further prominence.

Lacrosse, the only team game that the Indians had developed, was adopted by the white settlers and was, until after World War I when hockey took over, considered to be Canada's national game. Apparently the spirit of the game was also adopted from the Indians for the November 4th edition of the Edmonton Bulletin in 1882 gives an account of a game played in cold weather and in one inch of snow. Considering the fact that Fort Edmonton at this time consisted of only twelve log houses, exclusive of the Fort and buildings, the editor comments generously on the playing ability of the participants.

There undoubtedly is the material here for the

> formation of a club that could now beat anything west of Winnipeg and which in a few years could hold their own against any club in existence. There is no reason why it should not be so; all that is wanted is practice - the brains, pluck, muscle, speed and staying powers are in the men.[1]

The game of lacrosse was at this time not played with a playing time limit but the winner of the match was decided on the basis of three games out of five. As soon as a point was scored that game ended; goals were exchanged and the next game was started.

The following year lacrosse got off to a good start with about twelve to eighteen players turning out every night. A club was formed under the name of the Edmonton Lacrosse Club and it was affiliated with the National Amateur Lacrosse Association of Canada.[2] The club secured the exclusive use of the race course grounds for that season. Even the Indians got back into the activity. They were employed for a week to clear and burn off the course grounds in preparation for the practices. However, the first flush of enthusiasm soon passed and the interest in the activity was reduced to the usual matches held during the May 24th and July 1st holidays.

With the development of other communities around Edmonton, the game spread and by 1900 Edmonton was playing regular games with Strathcona. Three years later Leduc

1 Edmonton Bulletin, November 4th, 1882.

2 Ibid., March 31st, 1883.

entered a team to make a three team loop. Although Edmonton had sent a team to Calgary during the fall fair of 1892 and was defeated, Calgary and the surrounding district were not very quick to adopt the game of lacrosse. However, in 1905 the Edmonton team made a trip south to play teams in Calgary, Lethbridge and Raymond with the result that the southern sections became more interested in the activity. The Calgary team played a return match with the Edmonton team at the provincial inaugural ceremonies to start off a renewed interest in the sport.

As mentioned on page 32, football was the first typically "white" activity to be introduced into Alberta. Soccer football was a game admirably suited to the pioneering communities. All that was required was a plot of open ground, a football and a group of players. The early games were still played in the winter season, the Edmonton Bulletin of February 4th, 1882, reporting that football was being played every evening while the weather was fine and there was good moonlight.[3]

A variation from the usual was a game played on the ice of the river on New Year's Day in 1883. The unusual site was probably chosen to prevent a recurrence of an incident

3 Ibid., February 4th, 1882.

in the Christmas day game on the Hudson's Bay Reserve. During that game a pane of glass was broken in Mr. A. Dunlop's window; a matter of no slight consequence considering that glass had to be transported from Winnipeg in jolting carts in those days.

The arrival of soldiers as a precaution against an Indian uprising during the second Riel Rebellion of 1885 saw the conversion of football from a winter to a summer activity. As recreation from drilling, and as a break in the monotony while waiting for action, the soldiers began to play games amongst themselves and with the civilians. However, with the withdrawal of the soldiers from the Edmonton area, the game returned to its casual basis of the occasional game with surrounding communities.

The completion of the Canadian Pacific Railway link from Calgary to South Edmonton gave a new impetus to the game. The inter-city rivalry was now able to manifest itself in sports as well as in political and economic situations. In October of 1891, Edmonton challenged Calgary to a game of football. The challenge was accepted on the condition that the game be in Calgary. Some evidence of the nature of the play is given in the account in the Bulletin of October 24th describing the homecoming of the Edmonton team.

> The Edmonton football club returned on Monday night from Calgary in a more or less battered up condition, most of their faces bearing evidence that

> the game had been a lively one. Our men were defeated by a score of four points to one. 4

This game did not end the rivalry for that particular season for at the end of the month the Calgary team played a return engagement with the Edmonton team in Edmonton. The visitors were handed a 5 - 0 defeat in the game. These games marked the way for future inter-city games in other sports as well as football and formed the basis for subsequent north-south divisioning on a provincial level.

A sidelight in the football struggle occurred when, on March 14, 1895, Calgary issued a challenge to Edmonton for a rugby football game. Edmonton and Fort Saskatchewan both had football teams at the time and decided to have a play-off to determine who was to meet the southern team. Edmonton defaulted their game and two scratch teams were organized for a match which resulted in a 16 - 9 score. From the results of this game a composite team was chosen called the Fort Saskatchewan football team. However, in the May 24th game against Calgary, instead of rugby football it was decided to play the regulation football with the score being 2 - 0 for Fort Saskatchewan.

Football also has the distinction of being the first game that was played by the school children of the time. It was not part of the regular physical education program, which

4 Ibid., October 24th, 1891.

will be discussed later, but was participated in as an extra-curricular activity. The editorial in the Edmonton Bulletin of December 19th, 1892, entitled "Boys", is self-explanatory and, except for the difference in phraseology, is one that might appear in a modern newspaper.

> The boys of this country are as a rule too precocious. They know too much and do too little. They can give you all the latest gossip or talk horse by the hour, and a great many smoke, chew and swear. Mr. Campbell, the new principal of the school, is now teaching the schoolboys to play football in their spare time. This is a very good thing, and it is strange that it was not done before.
>
> Mr. Campbell, we believe, is a very capable teacher being a first-class football man himself. Of course, those who have seen football played know there is a good chance to get a 'big, big D' now and again which some way or another will come out, but Mr. Campbell being a player will know when it is necessary.
>
> All school boys ought to have a certain amount of exercise, and the best exercise is in school games such as football, cricket, etc. It strengthens them and gives them pluck; it keeps them out of mischief and makes men of them. Besides, when they know the rules of the various games and can play, they will be like other boys and play every opportunity they can, and when they grow up will be able to form clubs and continue sports and not let them fall through as is too common a thing in Edmonton. A gymnasium is being started now, by the young men about town; yet there seems to be a lack of energy amongst them; perhaps it would be a good thing if boys were allowed to join the club too, at a reduced entrance fee, and in that way show their elders a good example as well as develop their muscles. 5

Since its introduction as an extracurricular activity

5 Ibid., December 19th, 1892.

in the schools, the game of football has had a consistent following among the children. The next year saw the start of annual games between Edmonton and South Edmonton schools to determine the district school championship. In 1903 a senior circuit was added to the public school activities when the high school football club was organized to play in a league with Alberta College.

Although Calgary had a later start than Edmonton, its first organized team being the Police team of 1898, it soon acquired more distinction than its northern rival. In 1904 the Caldonian club was organized to provide opposition to the Police team and the following year Hillhurst club put in its first appearance. The high brand of play that competition in the league afforded resulted in the 1905 Caldonian team winning the Peoples Shield, emblematic of the Dominion Championship in football.

Although the Police came to the West to "Maintain the Right", they also "set up some cricket stumps and bails and started chucking a ball around"[6] to provide recreation in their off-duty hours as soon as they became established in their posts. Even the higher officers realized the importance of providing recreational facilities for their men for,

6 E.C. Morrison and P.N.R. Morrison, The Story of Calgary, 1875-1950 (75th Anniversary Publication) p. 145.

in the rebuilding of Fort Macleod in 1883, a recreation and billiard room was included in the plans.

It was not very long after the first cricket games were played by the Police that the game received adherents from the ranks of the villagers themselves. In 1881 the October 29th edition of the Edmonton Bulletin mentions that a cricket game had been played the previous afternoon near the fort. After the game, a meeting was held to organize a cricket club for the following summer. This early organization was necessitated by the difficulties in procuring the required equipment in time for the spring season.

Regular games were played by 1884 when the "Red Coats" and the Calgary town team met in a series of matches although no league had been formed as yet. Edmonton was not playing regular games until 1890 when matches were held with Clover Bar. The Fort Saskatchewan team joined the duo the following year to make it a three-way league. Calgary had been playing games with Lethbridge and Macleod in a southern circuit when, in September, 1892, it challenged Edmonton to send down a cricket team to play a series of matches in Calgary during the fall fair. Edmonton sent a team, which was defeated, thus starting the first inter-city contest in this particular activity.

The meeting gave a temporary boost to the game in the Edmonton area with the boys playing cricket in the streets in

the evenings. The Police at Fort Saskatchewan purchased a cocoanut matting from which, it was claimed, the balls played true and came off faster than on grass. This, said the Edmonton Bulletin,[7] was the first time cricket had been played on a cocoanut matting in the North-West. However, except for the occasional inter-city matches or tournaments such as that in Calgary in 1899 which included Calgary, Edmonton, Millarville and Innisfail, cricket was to remain in the realm of local activities until a meeting to organize a provincial league was held in 1907.

Once the Police had established law and order on the western prairie and the Indians had become more or less settled on their reserves, the building of the Canadian Pacific Railway brought with it a great surge of settlers into the West. Since the railway traversed the southern section of the territory, the first new settlements were naturally in this area. Although Calgary was little more than a Police post in 1880, it had reached the status of a town by 1884, one year after the first locomotive reached its centre. By contrast Edmonton, the original settlement in what is now Alberta, did not reach the status of a town until 1892 the year before Calgary was elevated to the rank of a city. Edmonton,

7 Edmonton Bulletin, June 26th, 1893.

however, kept up its slow, dogged growth and with the boost of the Klondyke boom became a city in 1904.

Along with Calgary, the towns of Lethbridge, Medicine Hat, Raymond, Canmore, Cardston and Macleod began to mushroom out of the prairie. In some instances, such as in the founding of Cardston, the Barr colony in Lloydminster and Parry Sound colony at Fort Saskatchewan, a large group of settlers would work together to wrest a livelihood from this new and strange land. The open prairie of the south was most easily put to the plow but the farmers discovered that the rainfall was not sufficient to produce large crops. The cattle ranchers from the United States, however, found that the former buffalo ranges made good feeding grounds for cattle and soon the southern area became dotted with large and small ranches, the size depending upon the wealth of the owner.

In the search for better farming land the settlers began to move north towards Edmonton. This influx into the northern regions was speeded by the building of the railway branch line from Calgary to South Edmonton in 1890. Edmonton was very disappointed when the line stopped on the south bank and the town of Strathcona began to rival its northern sister for importance. This left the north bank with an unsatisfactory ferry or river-ice connection which was subject to interruption by the spring thaw and the autumn freeze-up.

As the economic development of the south forged ahead

of the north, so the recreational development in the area also began to receive more attention than was possible in the boomless northern region. A large number of the first newcomers to the southern area came from the United States; some of them to work on the building of the railway and others to establish ranches on the southern ranges. These people brought with them their passion for the game of baseball and soon had their neighbors interested in the sport.

Although Morrison and Morrison[8] claim that baseball was first played in Calgary in 1885, Higinbotham[9] mentions that, during his stop-over in Calgary in May 1884 on his way to Macleod, he was invited to join a group of young men playing a game of baseball in front of the hotel. He accepted to exercise his muscles and remove the travel-stiffness from his joints. That same year on Christmas Day he played in another baseball game at Macleod with the temperature registering fifty-eight degrees.

The arrival of soldiers to guard against an Indian uprising in the second Riel Rebellion established the game in Edmonton as well as in Calgary. It drew greater interest in the southern area, however, and the ordinary challenge games began to take on almost serious proportions when by the 1900's

8 Morrison and Morrison, op. cit., p. 145.

9 J.D. Higinbotham, When the West Was Young (Toronto: The Ryerson Press, 1933) p. 73.

Calgary, Canmore, Medicine Hat, Lethbridge and Donald, B.C., were "importing" pros from the United States for league play. Towns that were unable to support a team in league play were, nevertheless, able to get a team together to attend the baseball tournaments that were organized at the turn of the century.

The first recorded Calgary-Edmonton game in baseball took place on August 11th, 1892, in Edmonton with the home team winning the game. Even though Edmonton won, the game did not generate the all-out interest that was shown in the south. The schools adopted the game in the spring of 1894 when a game was played between the Edmonton public school and the Belmont public school, the former being the winner. Baseball seems to have been the second extracurricular activity to invade the hallowed halls of learning.

An important development in increasing general participation in the game was the development of a six team mercantile league in Edmonton in 1899. The league operated on a challenge basis which meant that the games were irregular in number and in playing dates; however, it generated interest in the game and allowed more people to participate than was possible in a more highly competitive league. By 1905 a church league had been formed in Edmonton to further increase the number of people actively participating in the game.

It might be supposed that with the majority of the employees of the Hudson's Bay Company being of Scotch descent and with the proximity of the frozen rivers along which the forts were situated that the game of curling would be one of the first European activities to make its appearance in the West. However, the first recorded mention of it comes in the November 15th issue of the Edmonton Bulletin in 1884 and then it is merely to say that a curling club was proposed for the winter's amusement. No match was held in Edmonton though until December 1st, 1888, four years later. After the match a club was organized and it became affiliated with the Royal Caldonian Curling Club of Scotland in the same year.

Lethbridge has the honor of having the first official curling club in Alberta for it became affiliated with the Royal Caldonian Curling Club of Scotland in 1887, a year before Calgary and Edmonton were recognized by the parent organisation. By 1889 Macleod, Banff and Anthracite had also joined the group thus giving the south the larger number of clubs even though the weather there was not so well suited to the game as it is in the north.

The early curlers found plenty of ready-made ice on the nearby rivers and lakes. The exposed surfaces of the outside ice, however, were not always conducive to a good game and the ambition of every club was to build a covered rink to house their activities. Notwithstanding the variations in the weather,

the game had many ardent supporters for the year after the formation of the Edmonton club it boasted a total of sixteen rinks in club play. By 1896 support of the activity in Edmonton enabled the club to build its first covered rink.

Even the youngsters got into the spirit of the game for the Edmonton Bulletin in describing the curling mania that struck the juveniles mentions that "play is at night on the ice of the river near Ross' landing. A lantern for each tee and their mother's smoothing irons and brooms make up the outfit".[10] The boys formed a club and three enterprising rinks had a curling bonspiel for the cup that was presented by Miss Hardisty as an incentive. Curling, however, did not become a school sponsored activity until much later and then mainly on the high school level.

In 1892, the year after the completion of the Calgary-Edmonton railway branch, Calgary visited Edmonton for the first inter-city bonspiel between the two cities in curling. These meetings became so regular that there was some mention made of combining Calgary and Edmonton in one curling district but the idea was dropped on the grounds that it would be too expensive. However, each city continued to visit the other whenever a bonspiel was in progress.

Curling was the first recorded sporting activity in which the women and girls participated in the West. The

10 Edmonton Bulletin, March 15th, 1890.

Edmonton Bulletin mentions a girls' match played between two rinks in 1893. After this initial appearance women's teams began to put in regular claims for curling sheets although no records show that they had organized bonspiels until much later than their male counterparts.

The ice of the rivers and lakes provided opportunities for the skaters of the day to show their skill and often there was competition between the early skaters and curlers for the use of the best sheets of ice. By 1884 Edmonton had two skating rinks cleared off on the ice of the North Saskatchewan River and the popularity of the sport was increased when masquerade carnivals were held periodically. The problem of obtaining water to flood a rink was easily solved when the rink was situated on a river or lake where a hole was chopped in the ice close by and water drawn from it. The water problem prevented the building of rinks in more central locations in the settlements until a practical and not too expensive way was found to furnish these rinks with the water they needed to make ice. Edmonton was able to support a rink inside the fort by 1887.

Although skating achieved an early popularity in the northern section, the game of hockey had its start in the southern area. The people of Eastern Canada, who came west during the building of the railway and in the rush of settlers

that followed its completion, brought with them a fondness for the stick and puck game. However, the variability of the southern weather with its famous chinooks prevented the game from developing as quickly as it did once it was introduced into the northern regions.

On Christmas Day of 1894 the Police from Fort Saskatchewan and the Thistle club of Edmonton met for the first hockey game in the northern city. The teams in those days consisted of seven players and the padding was none too adequate making for innumerable bruises and frequent injuries to the players. In fact, play became so rough between the Police and an Edmonton team in 1897 that the Edmonton teams refused to play against the Police team again.

During the same winter that hockey became popular in the northern city, Edmonton sponsored a round robin tournament of teams from Calgary, Fort Saskatchewan and Edmonton, the eventful day being March 7th, 1895. The Calgary team, by virtue of more previous experience, won the series without a loss. The following year saw a larger entry for this type of tournament, with one team from Calgary, three from Edmonton and one from Fort Saskatchewan.

The 1895 tournament gave a big boost to the game in Edmonton and the next year saw three teams, one from South Edmonton and two from Edmonton, vie for local honors. A junior club was also formed on the north side and on January 23rd

these boys played a team from the Edmonton public school to start the hockey puck rolling in the schools. The two schools in Edmonton, the old and the new, got teams going and had an all-school game on February 27th, 1896, to decide the city school championship.

The donation of cups for annual competition stimulated league play to replace the helter-skelter organization of challenge play. In 1897 the Potter Cup was donated to the senior Edmonton league and was played for by the two Edmonton senior teams. Each senior team also sponsored a junior team as a feeder team in an effort to promote interest in hockey. The following year saw the donation of a cup for local school competition, the result of a drive for funds sponsored by the Rev. Mr. H.A. Gray.

Despite the rugged nature of hockey, the fair sex got into the swing of the game in 1900 when a team comprised entirely of married women from Strathcona and a women's team from the north side battled it out for local honours. Since the north side team won, the not-to-be-denied Strathcona team revamped their lineup to include some single girls and challenged the northerners the following year. In a game that was reputed to be one of the roughest seen in the Edmonton area in decades, the Strathcona team wrested the trophy from the north side.

With their elders taking to the ice, the younger girls began to organize teams and where there were not enough individuals of one sex to get a game going it was not an uncommon sight to see mixed teams battling it out. Women's teams, however, could not compete as a drawing card with the men's brand of the sport and the fair sex confined their struggles to the local areas.

The year 1903 saw an important development in the organization of hockey when the Central Alberta League was formed with Leduc, Wetaskiwin, Lacombe, Red Deer, Innisfail, Olds, Didsbury and Carstairs as active members. These towns are all situated on the Calgary-Edmonton railway and the league formed became the model for future "railway or highway loops" in other sports as well as hockey. The southern and northern extremes of the railway line often invaded the loop for exhibition games but the expenses were too great for league play between the two cities on an amateur basis. Organization on a larger scale for hockey, as well as for other sports, had to wait until the Province of Alberta was established because of prohibitive distances on the basis of one division for the whole North-West Territories.

A recreational activity now enjoyed by many people arose out of the pioneer's necessity for self-protection in the sparsely settled West. The Edmonton Bulletin records

instances of settlers in the area shooting bear and other predators close to their homes. With the increase in population, however, these marauders were driven farther from the settlements and the sharp-shooters began to turn their attention to other ways of showing their skill. On January 3rd, 1885, the Edmonton Bulletin records a turkey shoot, probably the first ever held in the area since turkeys are not native and had to be brought in by the settlers.

The arrival of soldiers as a precautionary measure in 1885 and the formation of volunteer forces stressed the need for regaining the pioneer's skill with a rifle. Rifle practices became very common and in May a rifle match was held in Edmonton. Even after it became evident that there was to be no Indian uprising the interest in target shooting continued and almost every settlement that had organized a volunteer corps formed its local rifle association.

These associations remained affiliated with the army reserve for the first few years of their existence and were, therefore, organized on a Territory-wide basis right from their beginning. Regular matches were held locally with an annual championship match to close out the season. In 1888 a match was held between Battleford and Macleod to start the first inter-association matches.

Target shooting, being an individual activity in which it is not necessary to have an opposing individual present,

was, because of its very nature, the first activity that could be organized on a large scale. On May 24th, 1889, the Rifle Association solved the problem of distances by having a telegraphic rifle meet between Edmonton, Battleford, Regina and Calgary. This event generated so much interest that an inter-association telegraphic meet was held in July of the same year including Prince Albert, Edmonton, Calgary and Battleford. Lethbridge and Macleod, although members of the Association, did not enter teams in this particular event.

With the lapse of time after the second Riel Rebellion, the interest in target shooting began to be replaced by an increased interest in shooting on a more varied scale, leading to the organization of rod and gun clubs. The Edmonton Rod and Gun Club was formed on March 29th, 1900, and had as its objective the protection of game in the area. The Club began to have trap-shooting meets to keep its members in condition for the fall shooting season for in 1883 an ordinance had been passed prohibiting the shooting of certain types of animals and birds except during definite time limits.[11]

The mild southern weather seems to have favored the early development of tennis for Higinbotham[12] mentions that

11 Ordinance Number 8 of 1883, Ordinances of the North-West Territories (Copy in Legislative Library, Edmonton)

12 Higinbotham, op. cit., p. 102.

he was able to play lawn tennis out-of-doors in Lethbridge during a portion of each and every month in the year 1888. This is the first time tennis is mentioned in that locality but it seems to have been generally played in most of the southern area at this time.

Although no description is given of the game, Morrison and Morrison[13] have a picture in their booklet of a tennis game being played in Calgary on January 23rd, 1892. It was in this year that the first tennis court was built in Edmonton beside the Methodist Church. Once established, the game made persistent, if slow, headway, with local tournaments to keep up the interest and add a few new enthusiasts every year.

The game of golf had a quiet beginning much the same as tennis. In 1893 the "Buffalo Wallow" course opened for play in Calgary, while the first five hole links opened in Edmonton three years later on the flat below the site of the present Provincial Legislative Building. Although the Calgary links were the first to open, the Calgary Golf Club was not formed until 1896 when the Edmonton Golf Club was also formed.

The Edmonton Club was not slow in trying to get more

13 Morrison and Morrison, op. cit., p. 232.

members to join its ranks for during the first years weekly tournaments were held for gold, silver and bronze buttons. Nor were the ladies ignored as several tournaments were held for their benefit. A boost to the game in both Edmonton and Macleod was the invitation the Edmonton club received to send a group to play in Macleod in 1897. This was the first out-of-town tournament participated in by the Edmonton golfers.

With the growth of more settlements, more districts were able to sponsor golf courses and in those areas where courses already existed the interest gradually increased until more than one club was required to meet the demand for playing time. With the development of more than one club in a district, inter-club tournaments were held to determine local championships. By the time the province was established the interest in golf had grown enough to warrant organization on the provincial level.

One sporting activity that was of particular interest to only one section of the future provincial area was polo. There is some difference of opinion as to when the game first made its appearance with the Lethbridge Herald[14] mentioning that the Pincher Creek Polo Club was formed in 1886 and Morrison and Morrison[15] claiming that the first polo game played

14 Lethbridge Herald (40th Anniversary Edition, 1947) p. 15.

15 Morrison and Morrison, op. cit., p. 147.

on the North American continent took place at Pincher Creek in 1889. Although the dates differ by three years, both accounts and also the Calgary Herald[16] agree that the activity was sponsored by Edmund A. Wilmot of the Alberta Ranch Company at Pincher Creek.

After the initial game, interest in the activity, which demanded the skilled horsemanship of the experienced range rider, increased to the extent that a tournament was held in Macleod for the Fort Macleod Cup in 1892. Fours from Macleod, Pincher Creek, High River and Calgary battled it out with Macleod becoming the possessor of the cup. By 1903 the interest in the sport had grown until there were two teams at High River and one team each at Macleod, Calgary, Millarville, Pincher Creek, Fish Creek, Pekisko, Beaver Creek and North Fork. These teams did not play in a league but would take part in tournaments sponsored by the various centres. The brand of play developed by this keen competition resulted in the High River team winning the Western Canadian Championship and going east to Toronto and Montreal where they captured the Eastern Canadian Championship in 1905.

The northern area had only a nodding acquaintance with the game for, although a club was formed in 1903, the sport did not become popular in this section of the country, probably because of the lack of skilled riders in the parkland

16 Calgary Herald (75th Anniversary Edition, 1950) p. 52.

area. After its formation the club received brief support from the government when the sports committee of the government promised them $200.00 for the expenses of the polo tournament to be held in conjunction with the inaugural ceremonies. The tournament, which attracted teams from Calgary, Buffalo Lake, Cochrane and Edmonton, was the first and the last to be played in the capital city. After the tournament the Edmonton club was disbanded and the sport again became the exclusive property of the southern districts.

With the coming of the settlers to the West, the celebration of holidays began to take on more significance and organized programs were held to supply more diversified entertainment for those interested. May 24th and July 1st were traditionally celebrated by having a field day. The usual activities consisted of horse races and various foot races, often with a game of football, lacrosse or cricket following the races.

The first of these activities to be recorded appears in the July 7th, 1883, edition of the Edmonton Bulletin which gives the results of the Dominion Day sports events. The program included horse races and foot races with the added attraction of a competition on the horizontal bars. The participants are reported as having gone through "some

breakneck performances on the bar, which was shaped like a bow instead of being horizontal".[17] The events closed with a lacrosse game between two local teams.

The coming of the soldiers to the various districts in 1885 had a profound effect on all sporting activities that were carried on at the time. The sports meets on May 24th and July 1st were no exception. In 1885 the Dominion Day meet was organized by a military sports committee with the result that a much better and more varied program was available to the participants than previously. The events included horse races, foot races for men and boys, potato races, three-legged race, standing high jump, standing long jump, running hop-step-and-jump, putting the stone, throwing the hammer and tossing the caber.[18] With the departure of the militia, the programs returned to their previous status with only a few of the events of the program of 1885 being retained.

Although the first exhibitions were held in Edmonton in 1882 and in Calgary in 1886, these were purely agricultural at the beginning and, therefore, have little interest in an account of sporting activities. However, by 1893 these had expanded to take in horse racing and a variety of

17 Edmonton Bulletin, July 7th, 1853.

18 Ibid., June 20th, 1885.

sports. By 1893 the bicycle had become a standard vehicle on the streets and it was not long before it took to the track for bicycle races. These races were held in conjunction with the other activities on holidays and fair days.

In 1901 Calgary put on a big show in honor of the visit of the Duke of York, who was to become King George V. This show included events that were the forerunners of those that later became part of the world famous Calgary Stampede.

In an attempt to organize sporting activities, athletic associations began to make their appearance, following the example of Calgary which had an athletic association by September, 1892. These associations began to coordinate the activities of lacrosse, cricket, football and baseball teams. By the following spring, Edmonton also had a sports committee with sub-committees for cricket, football and tennis. The main job of these sports organizations was to arrange games with other towns and to help raise the funds required for travelling expenses. However, these associations were very fluid and, since they also had little authority, their effectiveness depended mainly upon the person who happened to be the guiding influence at the time.

Attempts, such as that in Edmonton on December 19th, 1892, to organize interest in a public gymnasium usually met

with a cold reception because of the expense involved and even after the Y.M.C.A.'s had been organized their activities were confined to reading and recreation rooms until the provincial boom brought enough prosperity for larger enterprises.

In 1897 the Calgary Y.M.C.A. was organized with quarters consisting of a games and reading room above a general store. These meagre facilities prevented the organization from playing a large part in the early development of recreation but its importance lies in the fact that the "Y" was a permanent organization in the midst of many of a more transient nature.

The Edmonton Y.M.C.A. had its beginning as the Edmonton Young Men's Institute which was organized in September, 1899, at a meeting in the kitchen of Mr. J.A. McDougall's home. Mr. McDougall volunteered to provide a two-roomed, 20' X 30' frame building on a rent free basis to the organization. The larger room was set aside for a gymnasium and the smaller for a reading and games room. Mr. Will Hencher accepted the post of voluntary instructor in the gymnasium and was later followed by Mr. J.C. Griffiths.

Because of its larger facilities, the Edmonton Men's Institute was able to take a more active interest in sports with the years 1900 to 1902 being particularly active. The

Institute sponsored hockey, lacrosse and cricket teams during these years. In the spring of 1901 the Institute was, with the help of volunteers, able to level and fence off a tennis court which saw very active play. Although women were not active members of the organization, they were invited to play on the tennis courts to encourage interest in the activity. The Institute lost its more active members in 1903 and , at a mass meeting on January 4th, 1904, it was merged with the Y.M.C.A. organization.[19]

With the development of more organized recreational facilities in the cities, the outlying areas began to attract the attention of those wanting to escape the city noise and smells. In Calgary boating and swimming were available at Chestermere Lake while Lethbridge citizens used Henderson Lake and Edmontonians converged on South Cooking Lake for similar purposes. This interest in aquatics prompted Mr. Killick of Montreal, who was a "professor of swimming and demonstrator of life saving and drowning", to make a tour through the region giving demonstrations in 1894.[20] He accompanied Bishop Young to the Athabasca district where he gave

19 Edmonton Journal, 10th Anniversary Edition, 1913, p. 65.

20 Edmonton Bulletin, October 1st, 1894.

exhibitions of swimming and life saving to the children of the mission at Fort Chipewyan.

The organization for recreation during the period from 1870 to 1905 was done in a very haphazard manner. In some instances, as in hockey, football and baseball, local leagues were formed to provide games and also to determine local championships. These winning teams would challenge the winners of the other sections to games and, if they won or their challenge was ignored, would declare themselves champions over all the sector involved. Thus a team might declare itself to be the championship team of the North-West Territories and, if there was no challenger, would have the title without having played one game.

Even though there was no central organization with which all the clubs were affiliated, in the case of Calgary and Edmonton, some attempts were made to get all the clubs affiliated with the local athletic association. The power of these local associations varied with the influence of the people who were in charge. However, they did pave the way for the formation of provincial athletic associations.

The lack of a central association was a handicap not only in choosing championship teams but also in interpretation of rules. A team travelling to another locality was

never sure of what type of refereeing would accompany the playing of the match and often hard feelings that were detrimental to the general development of the sport would result.

Although there is little mention of their participation in sporting activities, the women also played an important part in the recreational development of the West. Their activities were, because of necessity and social traditions, merely directed along different lines than those of the men.

In the days when the present Province of Alberta was part of the North-West Territories, the main flow of settlers to this area came from Eastern Canada with those from the United States and the British Isles following in numerical order. These people brought with them the traditional womanly activities of quilting bees and sewing circles and, since these activities were vital in making a home in a pioneer community, they formed the main diversions of women's groups.

Picnics in the summer and dances in the winter were the chief activities that the men and women enjoyed as a combined group. In the West the square dance was universal and hour after hour the fiddler would play the old familiar tunes while the "caller-off", as he was styled, guided the couples through the intricate mazes of the dance by his jingling rhymes. A classic prominently used by the Parry Sound settlers at Fort Saskatchewan was the Red River Jig.

Salute your partners, one and all,

Right hand to your partner and grand
right and left around the hall.
Promenade in single file,
Lady in the lead in Injun style;
Ladies bow low, and gents bow under,
Couple up tight and swing like thunder;
Lady around gent and the gent does so,
And lady around the gent and the gent don't go.
Leave the lady, and home you go,
Opposite the gent with a do so do,
Jump right up and never come down,
And swing that calico round and round. 21

With the increase in settlers, the need for schools to educate the pioneer children became obvious and families with children got together to raise money to pay for the erection of a schoolhouse and to pay the teacher. Such was the active spirit behind the formation of the first school in Alberta. On December 17th, 1881, the first public school in Edmonton, a 24 by 30 foot frame structure built on land donated by the Hudson's Bay Company, was opened to twenty-five pupils of whom only three were girls. This building became the centre of social life during the evenings with minstrel shows and social affairs providing entertainment as well as funds to help pay for the venture.

It was not long before the other settlements began to follow the Edmonton example and in 1883 a school was opened in a room of a private house in Calgary. The large

21 W.C. Pollard, Life on the Frontier (London: Arthur H. Stockwell Ltd., nd.) p. 18.

flow of transients during the early history of Calgary delayed the opening of a permanent school in that community until 1887. Lethbridge, Red Deer and Medicine Hat entered the educational field in 1886 while all the subsequently settled areas usually had a school within a few years of their establishment.

The requirements to be met by the trustees of any school district before a school could be started were few. In Ordinance Number 5 of 1884, which set up the Board of Education of the North-West Territories, the trustees had a great deal of leeway when they were only required to

> Procure a suitable building or buildings by purchase, lease or otherwise, for use as a school room, in as central a location, and of as satisfactory a character as possible with, if expedient, a playground attached. 22

The Edmonton trustees had seen fit to provide the pupils of their school with a playground; however, in 1882, "a fence seven feet high was built around the school grounds and the school board would not let the pupils play on the grounds out of school hours".[23]

By the year after its inception, the North-West Territories Board of Education seems to have formulated a more

22 Ordinance Number 5 of 1884, Ordinances of the North-West Territories (Copy in the Legislative Library, Edmonton)

23 J.C. Sinclair, Sixty-Five Years Young, The Story of MacKay Avenue School (Paper) p. 2.

definite policy in regard to the necessity of a playground for, in the amendment of 1885, the trustees were required to

> Procure a suitable building or buildings by purchase, lease or otherwise, for use as a school room, in a central location and of as satisfactory a character as possible with a playground attached. 24

In prescribing the course of studies for the year, Ordinance Number 20 of 1889 makes the first reference to the teaching of physical education in the schools.

> All schools shall be taught and instructions given in the following branches, vis, Reading, writing, orthography, arithmetic, geography, grammar, history of Britain and Canada, and English literature. Instruction shall be given during the entire school course in manners and morals, and the laws of health, and due attention shall be given to such physical exercises for the pupils, as may be conducive to health and vigor of body, as well as mind, and the ventilation and the temperature of school rooms. 25

The interpretation generally placed upon the term "physical exercise" was that of the resolution made by the Edmonton Public School Board in 1890 "that the teacher be instructed to teach calisthenics in conformity to the ordinance". [26] Calgary went a step further than Edmonton in giving formalized drill to the school children for starting in October, 1895, Sgt. Bagley of the R.N.W.M.P. arranged

24 Ordinance Number 3 of 1885, op. cit.

25 Ordinance Number 20 of 1889, op. cit.

26 G.A. McKee, The Story of Edmonton School District Number 7 (Edmonton: Edmonton Public School Board, 1935) p. 9.

military drills for the youngsters.

Although calisthenics were taught during the regular school time, the Edmonton boys were playing football after school hours in 1892 and they soon became active in hockey and the other sports that were currently popular among their seniors. These after-school activities were very irregular, however, for they depended upon the knowledge of the teacher in sporting activities, his or her willingness to spend time on these activities without renumeration, or upon an outsider's willingness to donate time to coach a school team.

The children required little supervision during the recess periods once they had been taught a few games such as "Anti-I-over", "London Bridge" and "Dusty Miller". With a minimum of equipment the older children derived a great deal of satisfaction from a game of football or baseball. Probably the highlight of the school year was the annual school picnic at which there were often the unaccustomed treats of ice cream and cake as well as the sporting activities of racing, jumping and baseball.[27]

In the North-West school days there were few children who were not required to help with the chores after school hours. This, coupled with the fact that very few children went beyond Grade six, reduced the need for physical education

27 Ragna Steen and Magda Hendrickson, Pioneer Days in Bardo, Alberta (Winnipeg: The Dahl Company Ltd., 1944)p.97.

on a purely exercise basis or as a substitute release for the drives of the teenage period. The prohibitive cost in a pioneering community of facilities for any program other than calisthenics prevented any change in the physical education program until after the area became the Province of Alberta.

CHAPTER V

THE YOUNG PROVINCE

The inaugural ceremonies on September 1st, 1905, marked a new phase in educational and recreational organization as well as in the political history of the new Province. The provincial unit offered a more compact divisioning for administrative purposes and was welcomed by all even though there was some dispute as to where the capital of the newly formed province should be located.

Various athletic associations had long since seen the need for a larger form of organization but had been hampered in its formation by the impossibility of commuting over the vast expanse of territory in the North- West Territories. The rifle shooting associations had conquered this handicap to a certain extent by having telegraphic meets.

After the establishment of the Province of Alberta, the clubs representing the more popular sports got together to form provincial associations. True to its reputation of being the first imported sporting activity in this area, the game of football was the first to become organized on a provincial basis. In 1906 a meeting was held with all the interested clubs sending representatives. At this meeting the Alberta Amateur Football Association was formed with

affiliations with the Canadian Amateur Football Association. Play in the league was to be based on association football rules and the league play was to be divided into two main sectors, north and south. Each of these main divisions could be further divided into smaller divisions if there were too many clubs in the area to make league play feasible. The winners of the north and south sectors were to play off for the Bennett Shield, emblematic of the Alberta Championship.

As well as dividing the Province into geographic subdivisions, the Association also specified the requirement of players for their placement into senior, intermediate and junior ranks. So popular did the activity become after the Calgary Caldonians captured the Dominion Championship in 1906 that about twenty clubs were present at the second annual meeting of the Association on April 22nd, 1907.[1] Since these clubs usually sponsored at least one team of each ranking within their division, some idea of the number of people participating in the pastime may be gained. Calgary alone claims to have had 1,034 active players belonging to the Association in 1914 while in Edmonton crowds of around 3,000 witnessed some of the more important games.

To keep alive the interest in the sport, the Association encouraged the school children to participate in the

1 Edmonton Bulletin, April 22nd, 1907.

game and provided coaches for school teams when the teacher was unable to do so. The school teams were not affiliated with the Association as most of them were unable to pay the fees involved. However, interested parties often donated trophies which encouraged participation in the local school leagues.

The game of "besom an' stane" was the next to become organized on a provincial level. As early as 1887 clubs in the area had become affiliated with the Royal Caldonian Curling Club of Scotland but, as these clubs were widely separated, it was difficult for interested parties to get together to acclaim a championship rink representing the whole North-West Territories. With the formation of the province, the curling clubs that had been affiliated with the parent club in Scotland got together at an invitational bonspiel in Calgary in 1906 and formed the Alberta Curling Association.

The site of the provincial bonspiel was to alternate between Edmonton and Calgary so that there was a more equal divisioning of travel mileage than would be possible if the bonspiel was conducted in the same centre every year.[2] Each locality was encouraged to have its own 'spiel for the benefit of those in the community who were unable or not good enough to enter into the provincial play-offs. To enter the

2 Ibid., January 18th, 1910.

provincial tournament, it was not necessary for a rink to win the laurels in its own local bonspiel; however, because of the keen competition in this major event, usually only the better rinks submitted entries.

To encourage competition in local bonspiels, clubs solicitied donations of trophies from local businesses and prominent individuals. Events were held featuring men's, women's and mixed rinks. Often there were also special events for visitors' rinks. To avoid possible clashes in major curling events the localities were invited to check with the provincial organization before advertising the dates of their bonspiel.[3]

Cricket was the next activity to break into the provincial field when, on May 1st, 1907, a meeting was held in Edmonton to organize a provincial league.[4] The provincial organization for cricket was similar to that of most sports. The main divisioning was into north and south areas with each of these using league play to determine a winner. The northern and southern winners would then meet to decide the provincial winner.

The provincial association was affiliated with the Canadian Cricket Association and took part in the Western

3 Ibid., November 21st, 1910.

4 Ibid., May 1st, 1907.

Canada Cricket tournament to determine the western cricket title. A Calgary club won the western title in 1912 and 1913. When, in 1913, an Australian cricket team toured the province, the game began to receive support to the extent that there were seven cricket clubs in Edmonton at the outbreak of the first World War.

Following close on the heels of the formation of the Alberta Cricket Association, the lacrosse people got together on May 28th, 1907, in Edmonton to form a provincial organization. The citizens of Edmonton had become greatly interested in the adopted Indian pastime for during the previous year the Edmonton Capitals had fought their way into possession of the Minto Cup, emblematic of the championship of the National Lacrosse Union. So interested had some of the people of the area become that the Alberta Legislature Cup had been donated for the provincial championship on March 21st, 1907, before there was a provincial organization.[5]

At the meeting to form the provincial lacrosse association, the six clubs represented were divided into northern and southern regions for purposes of regular league play. The northern division comprised Edmonton, Strathcona, and Calgary while the southern consisted of Medicine Hat,

5 Ibid., March 21st, 1907.

Lethbridge and High River. The winners of their respective leagues would meet in a play-off for the provincial title. The shiny new cup was won by the Calgary entry in 1907.

The members of the League were too scattered, however, to provide very active play and the roughness of the sport discouraged all except the most rugged from competing. These two factors combined to sound the gradual death knell of the game, with the period of inactivity during the first World War giving an indication of what was to come.

The golfers got into the provincial swing by holding their first Provincial Amateur Golf Championship in Calgary on September 25th, 1907.[6] Both men's and women's events were included in the first tournament although later on, when both divisions contained more members, separate tournaments were held for men and women.

The arrangements settled upon by the golfers were similar to those agreed on by the curlers. Local tournaments were encouraged and the provincial event was to alternate between Edmonton and Calgary to provide equality of attention to both the north and south sections of the province.

With the nip of frost in the autumn air, sporting thoughts began to turn to hockey and on November 29th, 1907,

6 Ibid., September 25th, 1907.

a meeting was held in Calgary to organize the Alberta Amateur Hockey Association.[7] The organization based its team play on the now common league-form type of organization with the main divisions in the north, central and south areas. The players were divided into the three ranks of senior, junior and intermediate. The women's teams were not affiliated with this organization although they later became associated with the Alberta Women's Athletic Association.

In general, the pattern for provincial organizations was set within the first two years after the province was formed. The above mentioned associations were the ones to pioneer the methods used by subsequent organizations in developing their provincial affiliations.

As soon as the provincial organizations were formed, they affiliated with their respective associations on the dominion level so that the provincial winners were eligible in their quest for dominion titles. By 1915 the Alberta Amateur Union, a branch of the Amateur Athletic Union of Canada, had been organized and all amateur organizations became affiliated with this parent body which governed all amateur sports in Alberta.

The provincial organizations were of two main types: those based on individual play such as golf, tennis and

7 Ibid., November 29th, 1907.

curling, and those based on team play using a league as a basis of selecting winners.

In the organizations based on individual play, each section usually had its own tournament in advance of the provincial tourney to give experience to its members and also determine which members would be worthy of financial assistance to attend the provincial tournament; that is, if the local division was able to offer such assistance. In the provincial tournament all entries were accepted but usually only the better players entered because of the expense involved in participating in such a tourney. As all these organizations were amateur, they did not possess large funds so that often a good player, who was unable to attend the provincial tourney because of financial reasons, could get no assistance from his club and was, therefore, not able to compete on a provincial level.

The associations of team sports such as hockey and baseball got more financial support. Business organizations were more willing to sponsor teams than individual athletes with the result that teams usually had active sponsors to support them in their bid for league championships. If a team managed to become a league leader without the benefit of a sponsor, one usually was found to carry the team through in its quest for higher honors.

The support accorded team sports meant that these flourished during the period immediately following the formation of the province. The individual sports, with their greater comparative cost in space requirements and equipment, nevertheless, made slow but firm headway and tennis joined golf in the provincial field with a provincial championship tournament in Edmonton on August 4th, 1915.[8]

In the realm of team sports, it seems strange, yet fitting, that the game for which Alberta was to become world famous has its first recorded mention as being played in a public school. During the school year of 1904-05, Mr. P.H. Thibaudeau, school inspector, introduced the game of basketball for girls into the high school at Lacombe.[9] The following year he donated a shield that was symbolic of the "Central Alberta school basketball championship" which was first won by Lacombe at Wetaskiwin on November 10th, 1906, with the score Lacombe 19, and Wetaskiwin 12.

The game spread rapidly to the other schools and in the tournament held in Edmonton on October 30th, 1908, there were at least six school teams present for the shield records the first six places as being held by Lacombe, Wetaskiwin,

8 Ibid., August 14th, 1915.

9 Edmonton Journal, June 1st, 1934.

Edmonton, Strathcona, Lamont and Fort Saskatchewan in order of mention. Since its first introduction, basketball has remained an important part of the physical education program whether as an extracurricular activity or as a part of the regular physical education curriculum.

Basketball appeared as an out-of-school sport the same year that it was introduced into the schools. The Lethbridge Herald[10] claims that the first basketball game was played in Raymond in 1904 on open-air courts while Morrison and Morrison[11] mention that the first game of basketball, featuring the "Uppercrusters" was played in Calgary in the basement of the Methodist Church in 1905. Lack of facilities prevented the quick spread of the game on this level, however, until institutions such as the Y.M.C.A.'s furnished gymnasiums for the use of those interested in participating in the activity. By 1915 interest had grown to the extent that the Alberta Amateur Basketball Association was formed on December 6th.[12]

Another team game that made its first appearance after the formation of the province, and has since, with numerous ups and downs, developed into the greatest spectator sport

10 Lethbridge Herald (40th Anniversary Edition)p. 26.

11 Morrison and Morrison, op. cit., p. 145.

12 Edmonton Bulletin, December 6th, 1915.

in Alberta and in Canada is rugby football in its Canadian form. It began to develop in the fall of 1907 when games were held between Edmonton and Calgary. Previous to this time a combination type of British rugby football, soccer and American football, of which knowledge was vague, was played. Shortly after 1905, however, Eastern Canada college and American college graduates, coming to the West in search of adventure and a livelihood, brought with them the latest rulings and plays that had been developed in those areas.[13]

When a meeting of rugby enthusiasts was held in Calgary in 1908 to decide whether they should form a club using Canadian or British rugby rules, the unanimous decision was to adopt the Canadian rules. The club that was formed became the famed Calgary Tigers who soon showed their worth by beating Winnipeg in the Western Canada finals. Unfortunately it was late in the season when the series ended and the Calgary Tigers were unable to carry their colors east for the dominion play-off as it was postponed that year.

In the same year that the Calgary club was formed, the Edmonton Eskimos also put in an appearance and in the fall of 1908 they defeated Calgary to capture the Belanger Cup, emblematic of the provincial championship. The interest

13 Edmonton Journal (10th Anniversary Edition, 1913) p. 91.

in the game spread and in 1910 the University of Alberta entered a Canadian rugby team in the senior circuit. Although the Varsity teams suffered from a quick change-over in manpower, they were still a potent factor in developing and keeping up interest in the game.

The formation of the Eskimos was largely the work of an American, who during the summer of 1906 had brought a professional baseball team to the district on a playing tour and found he liked the area well enough to make it his home. This individual was none other than the famous Deacon White who quickly made a name for himself in organized sport. He was one of the main individuals responsible for the formation of the Western Canada Professional Baseball League in 1907.

The organization of the Western Canada Professional Baseball League marks the first entry of professional sports into Alberta. The League included teams from Edmonton, Lethbridge, Calgary and Medicine Hat. Although the towns in the southern circuit had been "importing" or encouraging the better players to stay in their locality to compete in the baseball tournaments, it was not until the League was formed that out and out professional baseball was played.

The professionals received good support and by 1911 the League had expanded to include the eight centres of

Edmonton, Lethbridge, Calgary, Medicine Hat, Saskatoon, Moose Jaw, Regina and Brandon. However, the expense of carrying a team of this nature was too great for the smaller centres in the circuit and after two years Brandon and Lethbridge were forced to drop out leaving only six cities. With the coming of the first World War, the League was disbanded and local amateur teams carried on in the face of many losses occasioned by enlistments.

The period after the formation of the province also marks a more active interest in a pastime that has since developed into one of the major recreational activities for young and old alike. Although the first mention of bowling would place it in the previous chapter, it was not until after 1905 that alleys were opened in centres other than Calgary to make participation in the game more general. Morrison and Morrison[14] state that the first bowling alley was built in Calgary in 1896 with Max Aiken as one of the joint owners. Apparently the contacts and experience gained in operating this alley were of some value for Mr. Aiken went on to become the now famous Lord Beaverbrook.

Bowling received an added boost when the Y.M.C.A.'s sponsored leagues in their gymnasiums and in a large number of cases introduced the sport to individuals for the first

14 Morrison and Morrison, op. cit., p. 145.

time. Tournaments added greatly to the interest in the activity and in 1909 the first telegraphic bowling meet was held between Calgary and Edmonton. The following year interest was great enough for the Edmonton bowlers to make a trip down to Calgary where the inter-city tourney was held in the Y.M.C.A.

In 1915 a novel event, a five pin bowling tournament, was held at the Olympic Alleys in Edmonton. This was the first departure from the regular ten pin game and has since grown to be far more popular than the ten pin variety. Part of the greater popularity of the five pin game stems from the fact that women find the smaller, lighter balls more adapted to their skill and strength and they now form a large portion of the bowling population.

With the acquisition of better facilities the Y.M.C.A.'s were able to make a substantial contribution to the development and organization of recreation. The Y.M.C.A.'s in both Calgary and Edmonton began campaigns for the raising of funds for building purposes in 1904 and both also began their building program in 1907. The Edmonton Y.M.C.A. was officially opened on February 5th, 1908, with Mayor John A. McDougall, the originator of the Young Men's Institute in 1899, present at the ceremonies.[15] The Calgary Y.M.C.A. had two of

15 Edmonton Journal, (10th Anniversary Edition, 1913) p. 65.

its three floors completed in 1909 and the final floor by 1911. In 1910 enterprising citizens began a campaign to collect building funds for a Y.M.C.A. in Lethbridge and were able to see the completion of their objective in a few years. These buildings were built on much the same plan and included a gymnasium and swimming pool as well as living accommodations.

In each case the gymnasium and the swimming pool were the first structures of their nature to appear in their respective cities. The Y.M.C.A.'s organized physical education, or physical culture classes as they were called in those days. As an outgrowth of these classes, house leagues were organized for those interested in participation beyond the regular class time. Many of the city clubs, especially basketball, also rented the gymnasium for the use of their members. In a lot of cases these clubs participated in a city league in which the "Y" had also entered teams and by providing these clubs with space in which to practice the "Y" was insuring a better brand of play in the league.

The swimming pool soon became the centre of a concentrated swimming program that included life saving as well as the regular swimming strokes. The pool facilities were soon taxed to the limit and, on October 6th, 1910, a twenty-eight foot extension was proposed on the 18 by 32 foot pool

in the Edmonton Y.M.C.A. Although no addition was made to the Calgary pool, it handled 400 girls alone in 1915 and some question was raised as to the purity of the water considering the number of people using the pool's facilities.

The main contribution of the Y.M.C.A.'s to recreation is that they trained those who had little or no experience in an activity and they provided an opportunity for those not skilled enough to play on the more competitive teams with the chance to participate in a game and improve their skill. This contribution was especially valuable in view of the fact that the physical education program of the schools still emphasized calisthenics at the time. However, just the larger centres benefited for only Calgary, Edmonton and Lethbridge were able to support a Y.M.C.A. during the formative period of the province.

In contrast to the Y.M.C.A. organization, the Y.W.C.A. was originally started as a home for girls away from home and it was not until the 1930's that it became active in recreational activities.

Although the Boer War had little effect on the Alberta region, it nevertheless was responsible for the origin of a movement that played an important part in the development of recreation among the younger generation. When the partici-

pants in the Boer War returned to their home in Alberta, they brought with them the seeds of the scouting movement that had been sown by Lord Baden-Powell during the War. These men started scouting troops in their home towns and by 1910 the movement had grown to the extent that a meeting was held in Calgary on November 17th to organize a provincial council. Representatives from Calgary, Medicine Hat, Macleod, Red Deer and Wetaskiwin appointed Lt. Governor Bulyea to the position of chief scout for Alberta and made him the permanent chairman of the council.[16]

During the earlier days of the movement, its main activities were of a purely scouting nature but as the troops increased in number so did the interests of the boys joining the ranks. To meet the varied interests of the boys, the activities of the scouts multiplied and sport leagues were organized among the troops of the locality, the usual games receiving active support in these leagues being hockey, baseball and soccer.

League play, however, was not the only type of sporting activity that the scouts promoted. The scouting movement is based on the ability of a boy to look after himself when brought face to face with nature in the wild. To give

16 Morning Albertan, November 19th, 1910.

a boy experience along this line, scout leaders took their troops on camping expeditions. After the camp chores had been completed, the evening hours were usually devoted to recreational games and many youngsters came back from camp with a wonderful store of new games to teach to the neighbor lads. Often, also, these camps were situated along some lake or quiet stream that the boys could use for bathing and swimming purposes so that a number would be able to improve their swimming proficiency with the aim of getting a swimming or life saving badge.

With the administration of the area west of the 110th meridian to the Rocky Mountains turned over to the Province of Alberta, the control of education was also passed over to the province. Although a physical education course was not prescribed by the newly formed Department of Education, Appendix E of the Annual Report of the Department of Education recommended Bancroft's "School Gymnastics" as a teacher reference for physical culture.[17]

The Calgary Normal School was opened in 1906 to place teacher training under the jurisdiction of the Province. When Normal School Classes started the following year, the teachers-in-training found one of the courses they were required to take was a physical culture course taught by Mr.

17 Annual Report, Department of Education, 1906, Appendix E.

J.C. Miller. Gradually the gymnasium in the Normal School was equipped and in 1910 the School and the Strathcona Trust reached an agreement whereby[18]

> A further extension of the work during the year was the introduction, under the contract with the Strathcona Trust, of a course in Physical Training. Classes were begun in the second session, and a full thirty hours' course was completed before Christmas. Although the work was necessarily conducted after the regular teaching hours the course was quite successful, and has on the whole been thoroughly enjoyed by the students. Apart from its value as part of the teacher training it is of distinct value to the students personally, and our only regret is that our floor space is not larger and better suited for marching and running exercises. Sergeant Instructor Armitage, who has had charge of the classes, has given general satisfaction. Not more than two failures were reported at the final examinations held before the District Officer Commanding. Naturally, since the institution of the scheme in Canada, an increasing number of those who came from the eastern provinces already hold certificates; nevertheless, many of these are glad to repeat the training. 19

Presumably only men passed the course during the first few years it was offered for Dr. Coffin, in his annual report of the Calgary Normal School to the Department of Education in 1913, mentions that he hopes ladies would soon qualify as instructors in the Physical Training course.

When in 1913 the first summer session for teachers was held by the Department of Education at the University of Alberta, Physical Training under the direction of Colour

18 Under the terms of Lord Strathcona's will, a certain sum was set aside for the promotion of the physical development of the youth of Canada. This money was used to supply instructors in physical education.

19 Annual Report, op. cit., 1911, p. 46.

Sergeant Instructor Armitage was offered and 38 students took the course. The course was repeated the next year and in the 1915 session with an additional course entitled "Folk Dancing and Musical Games" offered to teachers interested in physical education. The first summer that it was offered the folk dancing course attracted 43 students, three more than were taking the Physical Training course. Both these courses continued to be offered until the end of World War I although in 1918 there were only 21 students in the folk dancing and 18 students in the Physical Training classes.

With the appearance of a physical culture course for teachers as soon as the Calgary Normal School was opened and the subsequent instruction in Physical Training by the military instructors of the Strathcona Trust, it was not surprising that when the Department of Education issued a program of studies for physical education in 1912 it was entitled "Physical Culture and Military Training".[20]

The scope of this program included class tactics, marching, elementary drill, free gymnastics, kindergarten games, figure marching with dance steps, dumb-bell drill, wand drill, Indian club drill, fire-drill, stationary apparatus work, track and field athletic sports, basketball, hockey, and other league sports, squad drill, skirmishing, rifle drill

20 Annual Report, op. cit., 1912, p. 127.

and target practice.

Although the program gives approval for class-time use of sports such as basketball and hockey that the more enterprising teachers were already teaching to a few during after school hours, the main emphasis of the course was still on calisthenics and a military type of drill. As both calisthenics and drill are easier to teach from a discipline and teacher knowledge standpoint, the vast majority of teaching at this time was of this type.

The two years of depression prior to the first World War and the scarcity of supplies during the war itself, hampered attempts to install the equipment required for a more varied program. For those not interested in providing a program other than the usual calisthenics and drill, this period of inability to obtain equipment offered, in the opinion of the writer, a good excuse for teaching a narrow physical education course.

The organization of the school system itself was a deterrent to the development of a physical education program more compatible with the needs of the students. As soon as a district felt they could afford a school and they had enough youngsters in the district to attend, a school was usually set up with a minimum of expenditure. This often meant that schools were either too far apart or too close together and

that the buildings and equipment varied from good to almost impossible for a proper physical education program.

In the larger centres where the cost of education per child was not so high because of larger classes, the school boards were able to furnish almost ideal teaching conditions according to the standards of the day. With the building of Queen's Avenue School in 1903, all the larger schools in Edmonton were built with an assembly hall which could be used for physical education purposes.

By 1907 the schools in Edmonton had expanded to the extent that Mr. C.K. Flint was engaged as Physical Education Instructor in which position he served until the outbreak of the first World War when he enlisted for overseas service.[21] Although Mr. Flint was given the title of Instructor, this position was an administrative one for the Annual Report of the Department of Education for 1909 reports that in Edmonton "supervisors are in charge of art, music, physical culture, manual training, and domestic science".[22]

Calgary was not far behind Edmonton in the appointment of a Physical Training Supervisor for Mr. A.H. Ferguson was elevated to that position in September, 1911. The

21 G.A. McKee, Story of Edmonton School District Number 7 (Edmonton: Edmonton Public School Board, 1935) p. 16.

22 Annual Report, op. cit., 1909, p. 45.

demands of the position were so great that two years later Mr. Harry Flood was appointed to assist Mr. Ferguson in the supervision of Physical Training.

With a greater emphasis on physical education in the larger and the more prosperous centres and with a definite program outlined by the Department of Education, a very great and decisive step was taken towards putting physical education on a sound footing. However, the program was still sadly lacking in its content because of the theories upon which it was based and the lack of adequate equipment for a more varied program. The drain of qualified teachers as a result of enlistment during the war also resulted in a temporary setback to the course which was not revised until after the first World War.

CHAPTER VI

BETWEEN THE WARS

The years between the first and second World Wars were marked by the period of prosperity known as the "gay '20's" and the greatest depression the world had yet seen in the "hungry '30's". Both these periods placed an emphasis on recreation. During the'20's the busy citizens sought relaxation from the stress and tensions of the business world by participation in sports and by watching the flourishing professional teams in action. The hungry '30's saw a need of recreation for the dejected people who were striving to make ends meet.

After the temporary setback of the first World War, the athletic organizations plunged with renewed vigour into the promotion of their respective interests. However, these organizations could not meet the demand of new members seeking admittance especially ordinary individuals who were interested in participation on a fairly low level. To supply this need community leagues, church groups, commercial clubs and service clubs became active in promoting athletic activities for those who wanted to try their hand at some sport in their spare time.

The growth of community leagues in Edmonton offers a good example of the general development of community leagues

in the larger centres in Alberta. In the immediate post-provincial land boom in Edmonton, the city fathers laid out the city on a generous scale and in order to meet the expected development of the city built street railway lines to the outskirts of the city. Since the land on the outskirts was cheaper, the outlying areas near the street railway were soon purchased for the erection of homes for the people of moderate incomes who tolerated the long ride into the city rather than pay the higher costs of land and taxes closer to the city centre. This arrangement tended towards the development of communities that were relatively isolated from the city as a whole.

The North Saskatchewan River flowing through the heart of the City of Edmonton divides it into north and south portions, and provides several large flat areas situated in the broad valley of the river. These flat areas were not so valuable commercially because of their location, but they offered reasonable residential accommodation close to the centre of the city with only the inconvenience of a long hill to climb. This meant that communities separated from the city proper by topographic features also began to develop in the flats.

These physically separated areas and the residential areas growing up on the outskirts of the city soon found

that they were developing problems peculiar to their own district. In order to express their needs and attempt to remedy them, the individuals in the isolated communities began to band together in an effort to consolidate and guide their individual efforts more effectively.

In the spring of 1917 the citizens of the Jasper Place community held a meeting in St. John's Church to hear Miss Jessie Montgomery of the Department of Extension of the University of Alberta speak on the Social Centre or Community movement. As a result of this meeting, it was unanimously decided to organize a community league in the district and a committee was appointed to go into the details and draft a constitution to be presented at a later public meeting.

At a meeting in the Jasper Place School on March 3rd, 1917, the committee presented the proposed constitution to the gathering which adopted it after a few minor alterations. The newly formed league had secured the use of the school building for their meetings with the objective in mind of holding "meetings in the public school building for the open presentation and free discussion of public questions, and for such other civic, social, and recreational activities as give promise of common benefit."[1]

At first the community league was interested mainly

1 J. Farina, "The Edmonton Community Leagues", (unpublished Master's thesis, The University of British Columbia, Vancouver, 1950), p. 15.

in securing needed improvements in the district such as a new school building, sidewalks, road gravelling, a modern sewage system and an improved public transportation schedule. The community league also conducted social evenings and sponsored sports in the form of a field day on the 24th of May and a skating rink for the young people of the community. As the Jasper Place Community League attained some measure of success in all these endeavours, the community league idea spread until by 1921 there were ten community leagues in the city and three years later the number of member leagues was exactly doubled.

With the formation of more leagues, clashes began to occur between the various leagues in the matter of requests for improvements presented to the city council and in the arranging of inter-league sporting events. In order to secure co-ordination between the various community leagues, a meeting of representatives from all interested communities was held on January 24th, 1921, to discuss the formation of a central body that could speak for all the leagues. Three other meetings were held before the details of the constitution of the Federation of Community Leagues was adopted by all the leagues in Edmonton.[2]

Among the problems presented to the Federation by the

2 Ibid., p. 20.

member community leagues was that of adequate recreational play and play areas for their activities. Later in 1922 representatives from the Federation met with the city commissioners to discuss the selection and allocation to each of the community leagues of a block of land for development for recreational purposes. Since the city owned about one-half of the residential property within its boundaries and land was inexpensive at this time, each community league was given a ten year lease on its property at the cost of $1.00 per year.[3] Because of the good work done in all cases where the community league remained active, this rate persisted even after property prices increased.

The general public had confidence in the new organization and the Federation was soon called upon by a delegation of representatives from the Y.M.C.A., the Boy's Work Board and the Trades and Labor Council to support them in their recommendation to the city council that a recreation supervisor be appointed for the city. After a discussion, the Federation passed a motion that it fully endorsed the proposal of the group and would recommend that the city council should be asked to appropriate $3,500 for this purpose.[4]

3 Ibid., p. 22.

4 Ibid., p. 21.

However, the Federation at that time was also interested in suggestions for more material improvements that it presented to the city council and the flame of civic recreation was temporarily snuffed out under the weight of what were considered to be more pressing needs.

This was not the first attempt to sponsor recreation under a civic authority for on March 14th, 1919, a meeting of about fifty representative sportsmen was held at which Mr. Lloyd E. Wood "thought it would be an admissable thing to have a recreation committee appointed who would hold office in the same capacity as the other civic departments".[5] Representations were made to the city council and Mayor Clarke promised to give attention to the matter. Apparently he kept his word for in the April 25th edition of the Edmonton Bulletin a list of fifteen areas available for sports was listed with a timetable specifying when certain teams and organizations had the use of the major areas. The drawing up of the schedule was under the control of the parks department which was responsible for the upkeep of grounds that had not been leased to the community leagues. The schedules appeared regularly for the remainder of the year and were either dropped or just not printed in the following years for they do not appear in the daily papers.

5 Edmonton Bulletin, March 14th, 1919.

The demands for increased civic interest in the recreational field were not abandoned with the posting of schedules, for on September 8th, 1922, a meeting of representatives from varous clubs and althletic organizations was held to discuss ways and means of increasing recreational facilities. The three resolutions adopted by this meeting for presentation to the city fathers sound like ones that might be formulated by any similar body discussing the same question today. The resolutions were: (1) to endorse efforts of community leagues to secure local fields suitable for athletics and recreation; (2) that council reserve small plots of land in all parts of the city for use of children as playgrounds; (3) that two large and more central athletic fields be secured, suggesting one on the old penitentiary grounds and the other on the Hudson's Bay Reserve.[6]

The list of representatives present at the meeting included the Edmonton Football Association, Edmonton Cricket League, Edmonton Federation of Community Leagues, Rotary Club, Gyro Club, Elks, Kiwanis, Edmonton British Rugby Club, Trades and Labor Council, and Edmonton British Rugby Football Union. The number of service clubs who took an active interest in the recreational needs of the city gives a good indication of the greater attention that this aspect of

6 Edmonton Bulletin, September 8th, 1922.

living was receiving. The increased interest in physical recreation came as a result of the first World War when the army recruiting officers found an alarmingly large percentage of the volunteers had to be rejected because of physical disabilities. These findings spurred an increased interest in the physical education programs in the schools, which will be discussed later, and in recreation programs for young adults who were beyond the influence of the schools.

The service clubs in Edmonton, as elsewhere, began to sponsor and equip playgrounds for use during recreational periods. The Gyro Club was particularly active in Edmonton where, in 1925, it was equipping and supplying supervisors for three playgrounds, namely, Patricia, Kitchener and Tipton. In the same year, the Edmonton Journal was publishing articles under the title of "Gyro Playground Notes" which gave accounts of the activities being conducted on the playgrounds. One of these articles mentions that the playgrounds were accommodating upwards of 1,000 children and adults in one day.[7]

The Gyro Club was also responsible for the introduction of softball into Edmonton. Although Calgary had been playing the modified ball game in 1908, most of the rest of the world considered the game one for youngsters who had not

7 Edmonton Journal, June 20th, 1925.

the skill to participate in the parent game of baseball. On May 30th, 1925, the Gyro Club announced in the Edmonton Journal that it would sponsor the game that had become the latest rage in the United States and Eastern Canada. In response to the announcement, thirty senior, intermediate and junior teams began round robin tournaments in their respective divisions.

The game then swept to the schools and has almost entirely displaced baseball from the list of pupil activities. With the game strongly entrenched among the student population its pursuit as an adult pastime has also remained popular. Appendix A is a copy of the Gyro Playground Notes published in the Edmonton Journal on June 20th, 1925, and indicates the scope of the program presented on the Gyro Playgrounds.

Some of the other service clubs were not so open in their support of recreation but merely gave donations to recreational organizations that already existed to aid them in their endeavours. Other clubs such as the Kinsmen Club followed the example of the Boy Scouts and Girl Guides and started camps for underpriveleged children who would otherwise not get the benefit of envigorating country air.[8] Ventures of this type were increasingly supported by the service

8 Edmonton Journal, August 2nd, 1930.

clubs in the years of the depression.

In some of the smaller, more closely knit towns and villages, church groups were usually the main community recreation source outside of special athletic clubs that were formed. This was especially true in the southern Alberta communities of Cardston, Raymond and Taber where the lives of most members of the area revolved around the Mormon Church.

The original settlers who came to Cardston with Ora Card and his wife from Utah in 1888 did so with the purpose of establishing the Mormon Church in that region as well as building new homes. The Mormon Church was interested in more than just the religious life of its followers for it took an active part in the economic and recreational welfare of its people. As general education was under the jurisdiction of a government authority, the Church contented itself with religious education only and strongly supported the government policies in the matter of general education.

In the early struggling years of the Mormom colony at Cardston, the main form of recreation was the social meeting. As the colony became well established and irrigation projects were beginning to produce good crops from the fertile but arid land, more time and money was available to broaden the recreational program. By 1919 a gymnasium was

built in Cardston and in December of that year the University of Alberta team played a basketball game against a team from Browning, Montana, in the new gymnasium during their tour of southern Alberta.[9]

Along with the community leagues and the service clubs in the larger centres, church groups also began to take a very active interest in organizing the recreational activities of their younger members. In the initial stages of the development of church club leagues, the main emphasis was on basketball in the winter and baseball in the summer. Some idea of the operations of these groups may be gained from the fact that the church basketball league in Edmonton consisted of eleven senior and eight junior teams in 1919 while the baseball division had ten junior, ten intermediate and eight senior teams to make a grand total of twenty-eight baseball teams for the same year.

Once the church groups were consolidated in the recreational field, they increased their activities to take in football and tennis. In the latter sport in particular they made a large contribution to general athletics in Edmonton for tennis clubs were organized at Holy Trinity, Christ Church and Metropolitan Church. With these clubs in a city league that included the community league clubs, the commercial clubs and the private clubs such as Glenora, Garneau, Patricia Square, University and Knob Hill, the game of tennis

9 Edmonton Bulletin, December 26th, 1919.

reached its heyday in Edmonton and in Alberta in general during the middle of the 1920's.

So great did the interest in the sport of tennis become that in the provincial tournament held in Edmonton starting on July 25th, 1924, there were nearly four hundred entries to make the tournament the largest in the history of the province. The events, with the number of entrants in parentheses, were: men's open singles (81), ladies' open singles (16), ladies' doubles (10 teams), men's doubles (37 teams), mixed doubles (24 teams), men's handicap doubles (54 teams), ladies' handicap doubles (17 teams), mixed handicap doubles (30 teams), men's junior events (19), women's junior events (5), boys' events (19) and girls' events (5).[10]

This mammoth tournament was not the result of interest in Edmonton alone. The whole province was divided into tennis districts which had very active inter-club tournaments or home-and-home games depending upon the distances the club members would have to travel to complete their schedules. Some idea of the appeal of the game and the number of areas actively engaged in its pursuit may be gained by the imposing list of towns belonging to the Alberta Tennis District Number 11 which participated on a home-and-home type of schedule. This district included the towns of Wetaskiwin,

10 Edmonton Bulletin, July 25th, 1924.

Leduc, Bittern Lakes, Camrose, Tofield, Hay Lakes, Bawlf, Daysland, Strome, Killam, Sedgewick, Hardisty, Czar, Hughenden, Provost, Ribstone, Wainwright, Irma, Holden, Ryley, Alliance, Galahad, Viking and Forestburg.[11]

In Edmonton, tennis was supported not only by church groups, community leagues and private clubs, but also by commercial clubs. Although the clubs most interested in tennis were the Civil Service Athletic Association, the game of tennis was by no means the only interest of these clubs nor were they the only commercial groups interested in recreational sports.

Other commercial organizations, such as factories, packing plants, wholesale houses and business concerns, were very willing to sponsor teams made up of their own employees for local competitions. Some of these teams achieved a very high standard of play for the Edmonton Superiors, sponsored by Gainers Ltd., captured senior amateur hockey honors in Canada in 1932 and were rewarded with a tour of Europe the following winter during which they played very creditable hockey. Women's teams were also sponsored by their employers, with basketball teams being especially popular during the 1920's.

Some idea of the variety of activities that these

11 Edmonton Journal, May 20th, 1925.

clubs participated in may be gained from the executive chosen by the Civil Service Athletic Association at a meeting on November 22nd, 1919. The executive included representatives for basketball (men and women), hockey (men), baseball (men), football (men), tennis (men and women), curling (men and women), and track and field sports (men). The sporting representatives varied according to the activities that were most popular at the time and in this way the club was able to keep the interest of its members and it is still very active.

Although only the bigger commercial clubs were able to afford it, some of them opened private athletic fields for the use of their members. On June 26th, 1922, the Civil Service Athletic Association achieved its objective when it opened its own athletic field. The field was just to the east of the Legislative Buildings and the tennis courts that remain today were part of the original field which consisted of four tennis courts, a putting green, a practice cricket pitch, a baseball diamond and two basketball courts.

While the community leagues, the church groups, the commercial clubs and the service clubs enabled the individual to participate in the sport of his choosing during his recreational time, it was the athletic associations that provided the participational opportunities for the more highly skilled athlete to savor of the glamour behind sports.

Professional hockey returned to the prairies in the fall of 1921 when the Western Canada Hockey Association, comprising Edmonton, Calgary, Saskatoon, Regina and Moose Jaw, was formed. It became a popular sporting event and the publicity it received kept up the interest in Canada's national game.

By 1925 the Western Canada League was replaced by the Western Senior Professional League which consisted of Calgary, Edmonton, Saskatoon, Portland, Vancouver and Victoria. The expenses of travel to complete the League games were too great, however, and the larger League had to be dropped in 1926 in favor of a Prairie Hockey League consisting of Calgary, Edmonton, Moose Jaw, Regina and Saskatoon. By 1933 Moose Jaw was forced to withdraw from this league because of financial difficulties.

In 1936 the promoters of professional hockey had again regained hopes in the financial prospects of a larger league and the North-Western Professional Hockey League was organized with entries from Edmonton, Calgary, Seattle, Vancouver and Portland. The professionals struggled along under the weight of greater travelling expenses for the next two years but were forced to give up at the end of 1938. With the withdrawal of the professionals, the Senior Amateur Hockey Association received more attention with a resulting

increase in the number of teams in the amateur circuit.

The professional hockey teams provided the patrons with a very high brand of the sport and offered a goal for all those aspiring to hockey greatness. Youngsters who were interested in making hockey their occupation had the examples of such hockey greats as "Duke" Keats and Eddie Shore, who had made their first professional appearance in the Western Canada Leagues before they went on to even greater glory in the high powered teams of the East.

So great was the interest in hockey that some of it brushed off onto the weaker sex and girls' hockey leagues were organized. These efforts resulted in the first Dominion Women's Hockey Championship being played in Edmonton on March 17th, 1933, with the Edmonton Hustlers defeating a women's aggregation from Preston, Ontario.[12]

Although Alberta has had professional hockey and baseball teams, it was an amateur organization that brought worldwide fame to Alberta and stimulated a high level of interest in athletics in general within the province. When two commercial classes were opened in McDougall School in Edmonton in the fall of 1914, the two male members of the staff found they were faced with the dilemma of having to teach physical education, which was compulsory, to the predominately

12 Edmonton Journal, March 17th, 1933.

female student body. Mr. J.P. Page, as principal, democratically allowed his fellow teacher to choose between teaching girls' and boys' physical education. The decision left Mr. Page with the task of teaching girls' physical education.

As an outgrowth of his physical education classes, in which he taught basketball, Mr. Page organized a girls' basketball team. Although the team was handicapped by having to practice during its first season on outdoor courts, it won all its games in the high school league and beat out the University of Alberta for the right to meet the Camrose Normal School for the provincial championship. After defeating the Normal School for the provincial title, the girls were so interested in remaining in competition as a group that the Commercial Graduates' Basketball Club was formed on June 15th, 1915.

With the acquisition of their first provincial title, the Grads never looked back and they or their sister team, the Gradettes, retained the provincial crown until the organization was disbanded, with the exception of the years 1921 and 1939 when the Gradettes were defeated in the provincial finals by the Calgary entry. The fame of the Grads did not rest on their provincial accomplishments however. In 1922 the Grads won their first Dominion basketball title, and repeated that performance consistently until the team was

disbanded in 1940.

The accomplishment that brought the greatest recognition to the Grads was the defence of the Underwood Trophy, emblematic of the World Basketball Championship. This trophy, which was put up for competition in 1923, was first won by the Edmonton Grads in that year and consistently retained by them for the next seventeen years that it was up for competition. With the withdrawal of the Grads from active competition, the series was discontinued and the trophy left in the permanent possession of the Grad organization.

The Edmonton Arena became the scene of many a furious battle as the Grads defended the Underwood Trophy against crack teams from the United States who were repeatedly forced to return empty-handed. In one of the many series played, that against the Chicago "Taylor-Trunks", the Grads lost the first game by a score of 34 to 24 to break a string of seventy-eight consecutive victories. The deciding game of the series, played on May 5th, 1930, saw the greatest crowd that had ever witnessed a sporting event in Edmonton's history jam its way into the arena when 6,792 roaring fans witnessed the defeat of the Chicago team to the tune of 40 to 13 giving the victory to the Grads on a total point basis.[13]

13 Commercial Graduates' Club, Sitting on Top of the World, (Edmonton: pamphlet, 1940) p. 16.

The Grads were also ambassadors of goodwill in Europe as far as Alberta was concerned and did a great deal to popularize the game on the Continent. Although women's basketball was not an official feature of the Olympics, the Grads attended the Olympic Games in Paris in 1924, in Amsterdam in 1928, Los Angeles in 1932 and Berlin in 1936. The group played exhibition games in connection with the Olympics and during tours in connection with these trips.

The remarkable thing about the Grads organization was that it consisted entirely of home talent. All, except two of the girls who had attended other Edmonton schools, had at some time attended McDougall Commercial High School. The fact that a local team could achieve such world-wide prominence was a tremendous stimulus to the game in Alberta for it became the dream of every school-girl not to become a movie star but to become a member of the famous Grad organization.

As well as the entry of teams into the regular basketball leagues, basketball tournaments were also held during the days of the Grads for those who were unable to participate in regular leagues. An example of one of these tournaments is that conducted in connection with the Edmonton Exhibition on June 23rd, 1936, under the direction of Mr. A.R. Lawrence. The tournament was for out-of-town visitors and included Peace River, Athabasca, Vermilion, Alliance, Hardisty, Edgerton,

Erskine, Red Deer, Lacombe, Bentley and Edson.[14]

Although the Grads did much to promote and publicize basketball, their very invincibility in the game was partly responsible for the gradual withdrawal of support from the fans who took it for granted that the Grads would win. The outbreak of the second World War with its all-out war effort also resulted in decreased support of the organization. As a result of this decreased support, the announcement was made, at the twenty-fifth anniversary dinner of the team, that the Grads would withdraw from further active competition and on October 14th, 1940, the organization was officially disbanded.

As well as being marked by the growth in the number of organizations actively interested in recreation, the period between the two World Wars is notable for the entry of civic, provincial and dominion governments into the field. Pressure from organized city groups resulted in the civic governments entering the field of recreation long before the two senior governments ventured into the area.

Previous mention was made of the role played by the city fathers of Edmonton in the granting of land for use as

14 Edmonton Journal, June 23rd, 1936.

recreation areas to the community leagues at a very low rental. The civic authorities were also receptive to the suggestions that had been made by the meeting of sports clubs, community leagues, and service clubs regarding proposed civic extensions to playgrounds and recreation fields. However, the rapid expansion of the city resulted in a drain of city funds in supplying adequate water, light, sewage and road building programs so that the less pressing need of recreation was shelved for a more convenient time although the parks then in existence were kept in adequate repair by the Parks System, a branch of the City Engineers Department.

Although the matter of more and better recreational facilities was shelved for the time being, it was by no means forgotten for, when the city suddenly acquired a sum of money that it had not budgeted for, it used this money to build greatly needed swimming pools. "A large firm wanted to buy a fair sized tract of city land on which to build a very enterprising project. The city demanded a rather large deposit as demonstration of good faith and when the scheme fell through, the deposit was confiscated."[15] The money so gratuitously provided was used to build the South Side Pool

15 Excerpt from letter of Mr. A.C. Patterson, Edmonton Parks Superintendent to writer, November 18th, 1952.

which opened in 1923 and the East End and West End Pools which were opened a year later. These pools were the first municipally operated pools in Alberta and made Edmonton the best equipped centre, as far as swimming was concerned, in Western Canada.

With the opening of three pools within such a short space of time there was, of course, a very sudden increase in the emphasis on swimming. Swimming galas became regular pool events and on August 2nd, 1924, the first Alberta Provincial Swimming Championships were held in Edmonton. To provide opportunities for non-swimmers to acquire the art of locomotion through water, the Edmonton Journal, and the Y.M.C.A. sponsored "Learn-to-Swim" classes at the Y.M.C.A. for five days on May 3rd to 7th, 1926. Although classes were held for that year only, they were a forerunner of the annual Journal "Learn-to-Swim" lessons which were first held in the outdoor municipally-owned pools in 1933.

The building of the swimming pools had not been the first municipally operated recreation venture in Edmonton for in 1922 the city had appointed Percy Earle as Greenskeeper at the golf course that had been abandoned by the Edmonton Golf Club in 1907. This nine hole golf course was expanded to the eighteen hole size and a clubhouse erected in 1926; all at the expense of the city administration which, of course, charged fees to cover maintenance and operating

expenses.

Although Edmonton preceded its southern sister in the development of municipal swimming pools and golf courses, Calgary was the first to boast a municipal stadium. Football and rugby were receiving a great deal of support from the citizens of the southern city so Mewata Stadium was developed as a unit of the Mewata Park facilities and opened in the summer of 1931. As in Edmonton, all the city owned recreational facilities were under the control of the parks department which was mainly interested in maintance and the scheduling of activities for organizations that made application for the use of the city-owned facilities. No attempt was made to develop a program of activities for those individuals who were not associated with any definite organization.

Edmonton's Clarke Stadium came into existence because of the unemployment crisis during the middle 1930's. Ever since 1926, when a motion was presented at a meeting of city council and sports representatives "that the city endeavour to secure from the dominion government that portion of the penitentiary grounds lying north of the railway track and south of the Rat Creek ravine for a recreational field",[16] the city had been negotiating for this property. Finally on

16 Edmonton Journal, October 21st, 1926.

October 26th, 1929, it was announced that twenty-five acres of the old penitentiary site had been transferred to the city for park and athletic field purposes. The civic authorities had little chance to develop the area as soon as the transfer was made, however, for the problem of providing aid for the city's unemployed was seriously taxing the city coffers.

To aid municipalities in meeting their monetary obligations during the depression years, the federal government granted easy-term loans to the localities. On December 10th, 1934, Edmonton was granted one of these loans for $50,000 to build a stadium on the old penitentiary grounds using relief labor, and the new stadium was opened in 1936. In addition to the soccer and rugby stadium and the practice fields, it contains a baseball diamond, four softball diamonds, a 440 yard track, jumping pits, and other field event layouts. Although the stadium originally seated only 4,200, it has seen a steady increase in the seating capacity until in 1952 it seats 13,100 and has had crowds of 15,000 jammed inside its gates for the more important rugby games.[17]

Clark Stadium was not the only recreational area that was developed as a result of the cheap labor during the depression years for on May 20th, 1933, Renfrew Park, the only

17 Letter from Mr. A.C. Patterson, November 18th, 1952.

professional baseball park in Edmonton, was opened. The development of facilities such as Clarke Stadium and Renfrew Park opened the way for a greater emphasis on the spectacular sports of baseball, soccer and rugby; however, the general population was finding it too difficult to earn enough to make ends meet and, therefore, found little extra cash to spend on recreation.

The relief program of the municipalities, provinces and the dominion government were offering only a temporary respite for the unemployed during the "hungry '30's". Some constructive measure was necessary that would provide the people who were unemployed with the opportunity to earn a livelihood without having to depend upon relief doles. During the first World War and the period of prosperity following it, jobs were plentiful and easy to get without the applicant having any special qualifications outside of a willingness to work. With the coming of the depression and the resultant scarcity of jobs, however, employers demanded higher qualifications from their applicants and only those with training and experience were able to compete successfully for the few jobs available. During the latter part of 1937, an agreement was made between the dominion and provincial authorities whereby the province undertook a program for the rehabilitation of unemployed youth.

The Alberta Provincial Government set up the Health

and Recreation Branch of the Department of Education in the summer of 1938 to carry out its responsibilities under the Dominion-Provincial Youth Training Program. The rehabilitation program, which was divided into two main sections, included physical reconditioning and training as part of both courses. The six week preliminary course was taken at a handicraft centre and allowed the trainee to sample the various handicrafts to determine his interest and his aptitude. Once the trainee had decided upon the trade he wished to follow, he was enrolled in the second phase of the program which included occupational work at the centre as well as observation in industry. The latter period involved a thirty hour week of which six hours were spent in health, physical training and games.

During August of the same year a leadership training course was held at the University of Alberta with 56 picked people in attendance. As the recreation program to be followed in the fall was modelled after the one in British Columbia, the summer leadership course was directed by four instructors loaned for the session by the British Columbia Department. This program gave the leaders the background necessary to conduct a program of physical training, recreation and leisure time activities in their home communities.[18]

18 Annual Report, Department of Education, 1938, p.10.

With the outbreak of the second World War in the fall of 1939, the need for a rehabilitation program was wiped out as the wheels of industry absorbed more and more labor to meet the demands of wartime production. Recreation still remained a vital problem especially during the dark days that followed in the first few years of the war. In order to provide the necessary leaders for adequate recreation programs, the Health and Recreation Branch remained in existence and conducted leadership training courses in Mount Royal College in Calgary during the summer months. It also assisted communities in planning recreation programs and shared part of the cost of employing a qualified recreation leader. The wartime budgets would not allow for any great expansion of the branch during the war years and its program was confined mainly to the training of recreation leaders.

The period between the wars marked a very radical change in the type of physical education program provided in the schools. The first World War with its shocking number of rejectees because of physical disabilities impressed educators with the need for more emphasis on physical education in the predominately academic curriculum and it became a required subject in all grades of the elementary school.[19] However, the emphasis was placed on more time allowance for

19 Annual Report, op. cit., 1922, p. 30.

physical education with no attempt to analyse the program to see if it was developing the pupils physically to the extent claimed by adherents of the calisthenics method.

Cadet practice was started during the first World War and carried on, in the larger centres especially, until the middle of the 1930's. Smaller school centres usually did not have qualified people to instruct a group of cadets nor did they have the equipment necessary to keep up such an organization. Most of these smaller centres lost interest in cadet programs soon after the Armistice was signed and, therefore, found that their physical education programs were not so influenced by the formal calisthenics of the cadet program.

To keep up the interest in calisthenics and cadet work, shields and cups were donated by various individuals and organizations for annual competition by groups from different schools. Major Kennedy, who became Supervisor of Physical Training in Edmonton following the first World War, kept a record of the events included in the competitions for these shields. Of the eleven events on a competition program, eight were exercises while the remainder consisted of a folk dance, a game and marching. A competitor had to complete all the events and the group was marked on attitude and discipline as well as on ability to perform the required events.

It is not surprising that the emphasis in physical education remained on calisthenics as long as it did for the instructors at the Normal Schools were appointed by the Department of Militia under the agreement with the Strathcona Trust Fund. This Fund also encouraged emphasis on the training aspect of physical education by supplying each school inspectorate with small prizes to encourage this type of work in the area. Usually the prizes were in the form of a shield which was put up for annual competition with the winner receiving the shield at the school fair or some other highly publicized function.

The Strathcona Trust continued to supply instructors for the Normal Schools until September of 1939 when the Department of National Defense withdrew the two men who were serving in that capacity. These military instructors were replaced by civilian instructors with Mr. T.G. Finn filling the opening in the Calgary Normal School and Mr. A.W.E. Eriksson in the Edmonton Normal School. The withdrawal of the military type of instruction at the beginning of the second World War was a reversal of the policy adopted during the first World War and shows the change that had taken place regarding the type of program that was considered to best fulfill the objectives of physical education. The Normal Schools had, under the instructorship of members of the militia, fallen behind some of the more advanced areas in

the province when they continued to give the teachers-in-training a calisthenics approach to physical education.

In his 1925 annual report to the Department of Education, Inspector of High Schools Mr. J.A. Smith was very strongly opposed to the military emphasis that had been placed upon physical education in the schools for he recommends that

> In order to ensure the preservation of health and the educational point of view in physical exercises, the administration of Physical Education should be lodged in the hands of Educational Authorities exclusively. No narrow policy of Cadet Training should be substituted for a broad program of fundamental health activities. I was much encouraged by the programme of physical training carried on in the high schools of Edmonton. Each school has teachers on the staff capable of handling physical training work with both boys and girls, and the subject has a dominant place on the daily programme. The School Board of Medicine Hat also fully realize the value of this work. 20

Although the schools in Edmonton still placed a great deal of emphasis on calisthenics, the pupils' greater interest in sports and games had made an impression upon the teachers who had been devoting their time after four o'clock to coaching school teams. Since the program of studies recommended the teaching of sports and games as well as calisthenics and did not specify how much time was to be allotted to each type of activity, the teachers gradually began to spend more of the physical education class time on sports and

20 Annual Report, op. cit., 1925, p. 21.

games with the drill exercises making their appearance shortly before physical training competitions were to be held.

The Edmonton Public School Athletic Association encouraged pupil participation in extracurricular sports by organizing school leagues in soccer, basketball, rugby, baseball, hockey and track and field activities. In some cases, such as basketball where there were usually a large number of entries and the season was short, it being an outdoor activity for the schools that did not have adequate gymnasiums, a tournament was held at the school having the greatest number of courts. The success of these tournaments may be gauged by the fact that in 1928 twenty schools gathered on Parkdale's four outdoor courts to determine a winner.

The Edmonton teachers were not only interested in sponsoring competitive extracurricular activities for Victoria High School claimed to have the most successful high school tennis club in Canada in 1928 basing their claim on the percentage of the student population participating. In that year Victoria High School had seven fully equipped cinder tennis courts on which three hundred and fifty students, approximately fifty percent of the students enrolled, made good use of the facilities provided by funds raised through school plays.[21]

21 Edmonton Public Schools, Sports Annual, (Edmonton: pamphlet, 1928), p. 9.

The changing concept of what constitutes a good physical education program began to make itself felt in some areas even before it was endorsed by the Department of Education in the form of a new program of studies for the course. Before the publication of the new course of studies for physical education in 1935, Superintendent G.A. McKee of the Edmonton Public School Board had announced in 1933 that there would be no more cadet training in the city schools. In making this statement Supt. McKee said that "the regime of the formal physical exercises where a large number of pupils perform a series of movements at the command of the instructor is making way for a more natural system of free play in which the pupils participate as actors, having a purpose in view and with wide opportunities of self-direction and self-expression."[22] This move seems to have been part of a national tendency to abolish cadet training for in an adjacent column in the Edmonton Journal to that which recorded Supt. McKee's views there appears the statement that cadet training, which had been in force for fifty years, was being abolished after September 1st, 1933 in the public schools in Toronto.

The "more natural system of free play" that Supt. McKee mentioned was to include marching, free standing exercises, folk dancing, running, wand drill, dumbell exercises,

22 Edmonton Journal, January 21st, 1933.

club swinging, mass athletics, gymnastic work, track and field events, skating and first aid as well as the team sports. When the program of studies came out in 1935 replacing that issued in 1924, its course content was the same as the program outlined by Supt. McKee two years earlier. The entire article outlining Supt. McKee's views on the new change in school policy is reproduced in Appendix B.

The new program of studies came out in the midst of the depression years when the school boards were faced with the problem of trying to raise enough money to keep the schools open without having any extra left over to purchase equipment and provide facilities for a more extensive physical education program. Then, too, a large number of teachers were not prepared to teach games, as their knowledge of the rules and skills involved was very limited. Therefore, despite the change of emphasis in the new program, the pupil activities during physical education classes were still confined mainly to calisthenics and folk dancing until the outbreak of the second World War.

CHAPTER VII

POST-WAR TRENDS

The outbreak of the second World War brought with it a greater social upheaval than had accompanied the first World War. Enlistment into the army, navy and airforce soon drained away most of the young men while industry began to demand more and more employees to meet the increased tempo of wartime production. During the first World War, the conflict had been isolated to include mainly Europe, while in the second the use of the aeroplane emphasized the global nature of the struggle. To provide safe training bases outside of the range of enemy planes, most of the personnel of the armed forces were trained right in Canada, with trainees from Australia, New Zealand and Great Britain also being sent to the well-equipped Dominion air training bases.

With the entry of the United States and Japan into the conflict, the Province of Alberta became vital as part of the shortest air route between the United States and Alaska, which formed the northern outpost of the struggle against Japan. Edmonton was chosen as a base of operations for both the Royal Canadian Air Force and the United States Army Air Force, with both groups building large installations and stationing large groups of men in the area.

Whereas the first World War had resulted in a general

reduction of activity in recreation and sports in Alberta, the next one provided a great stimulus. The large number of men concentrated in the Alberta area created a problem of leisure time supervision for their administrative officers. To solve this problem, the Inter-Allied Sports Council was formed to organize recreational sports and games for the service men in Edmonton. This Council arranged servicemen's leagues and encouraged service teams to enter the city leagues where a higher brand of competition was available.[1]

Professional sports were discontinued as soon as the war broke out so that amateur sports received the support of the now gainfully employed public. As a result of the entry of both service teams and commercially sponsored teams into the city leagues, the brand of play was greatly improved and the spectator public showed renewed interest in attending games. During the summer of 1943 attendance records were constantly broken at Renfrew Park until the peak was reached in July with 8,700 people turning out to see a twin bill of baseball on a sunny Sunday afternoon.[2]

The year 1943 was the high point of the efforts of the inter-Allied Sport Council for in that year it was in charge of the track and field meet at the Dominion Day celebrations

1 Edmonton Journal, July 2nd, 1943.

2 Ibid., July 5th, 1943.

held at the South Side Park in Edmonton. The event was claimed to have been the best ever staged in the history of the city, with airmen from Great Britain, New Zealand and Australia taking part as well as those from Canada and the United States. That winter also saw the most entries there had ever been in the senior men's basketball league, with eleven teams sponsored by the services and commercial interests providing a high brand of competition as they struggled for the top position in the city league.

For those who were interested in a quieter form of recreation, the U.S.Recreation Centre was built by Canadian contractors under the direction of the U.S. Engineers late in 1943. The Centre was used by both United States and Canadian servicemen and was operated by the American Red Cross with the assistance of Canadian volunteers. It contained a game room, recreation hall with stage, club rooms, a library and a snack bar.[3] The Centre, with its central location one block north of the main Post Office, found its facilities taxed to the limit by the large numbers of servicemen who visited it daily. However, although expansion was discussed, no alterations were made to the building and it was purchased in its original form by the City of Edmonton after the cessation of hostilities.

3 Ibid., October 30th, 1943.

The tremendous emphasis that was put on recreation by the armed services and the war industries made a profound impression on all the agencies that had previously been interested in the field. Alderman H.D. Ainlay based his campaign for re-election to city council on broader recreational opportunities for all and subsequently proposed to the city council that some form of municipal agency be created to promote and co-ordinate recreational activities in the city. Private club leaders, representatives of the Federation of Community Leagues and service clubs, and prominent private citizens who were also interested in the formation of some agency met under the sponsorship of the Council of Social Agencies to discuss Alderman Ainlay's proposal. As a result of several meetings of the interested parties, Alderman Ainlay finally was able to present to the city council By-Law Number 1069 in November, 1944.

The purpose of By-Law 1069 was "to establish a voluntary commission to act in an advisory capacity to Council, in order that said recreational Grounds shall be developed, maintained, equipped and used to the best advantage of all concerned".[4] The Recreation Commission was to consist of nine members who advised on all questions regarding the recreational grounds owned and controlled by the City Council,

4 City of Edmonton By-Law Number 1069, passed November 27th, 1944.

including the buildings, equipment, and sports and recreational activities therefor, with the exception of the revenue-bearing facilities and activities that had previously been lodged with other departments. These latter facilities and activities included the Exhibition Grounds, all the municipal swimming pools, the municipal golf course, and the boxing and wrestling, all of which were to be out of the jurisdiction of the Recreation Commission and remain with the agency to which they had previously been assigned.

As part of its over-all advisory responsibility to the city council, the Recreation Commission was specifically directed to co-operate with and encourage all existing organizations promoting any sport or recreation; to work in co-operation with and advise the City Commissioners on the direct administration of sports and recreational grounds within the City, including the drawing up of timetables by clubs or teams; to report and recommend to Council regarding the furnishing of adequate equipment and facilities to be distributed to recreational grounds and buildings for various types of recreational activity; to co-operate with public and private agencies, civic, social and religious organizations, so that the most beneficial and efficient use could be made of all recreation areas and facilities; and finally, to hear and consider representations from any body of citizens on any matter relating to recreation whether representing an

existing organization or not.[5]

When By-Law Number 1069 was passed on the 27th of November, 1944, it established the first municipally sponsored recreation commission in the Province of Alberta. As part of the general plan for carrying out the recommendations of the Recreation Commission, the city council appointed a recreation supervisor who was responsible to the city council. The supervisor was in the unfortunate position of trying to serve two masters and, until the responsibilities of the supervisor and the members of the commission were clarified, the resultant stalemate slowed down the city-sponsored program. The Federation of Community Leagues was also doubtful of the position it would occupy in the new organization and, jealous of any attempt to reduce its authority, refused to give the scheme its wholehearted co-operation until its position was clarified.

After the first supervisor of recreation, Mr. M. McGuire, resigned because of the mounting untenability of his position, the city commissioners called upon the services of Mr. Lionel Scott for a six month period to organize and set up a public recreation program that was suited to the particular needs of Edmonton. Mr. Scott did much interpretive work among the Recreation Commission members and the community

5 Ibid.

groups during his six month stay and presented a comprehensive report to the city council upon the termination of his survey. In September, 1947, Mr. John Farina was appointed chief supervisor to carry out the recommended changes and soon was able to report substantial improvements in the recreational program. Where in 1947 only eleven playgrounds had been operated, by 1948 this number had increased to include fifteen playgrounds and four tot lots. In 1950, the Recreation Commission operated twenty-five equipped and supervised playgrounds and fourteen tot lots, very close to the ultimate goal of thirty playgrounds required to place a playground within one-half mile of every child's home.

To supply Edmonton's need for another large playfield, the Kinsemen Club has offered to sponsor the development of a recreation centre in the Walterdale Flats to the east of the High Level Bridge. When completed the area is to cost $250,000 and is to include baseball diamonds, football and soccer fields, bleachers for spectators, tennis and handball courts, a children's play area, junior ski slope and a pitch-and-putt golf course. On March 9th, 1953, the Edmonton City Council approved the lease of the forty acres of land to the Kinsmen Club for the nominal fee of $1.00 per year.[6] The Kinsmen Club will commence its initial expenditure of $15,000

6 Edmonton Journal, March 10th, 1953.

during the summer of 1953 in the development of the Kinsmen Recreation Centre and spend the remainder over the ten years of the lease.

According to the Recreation Commission's minutes*, the proposed expenditure of the Kinsmen Club is a start towards a program of expansion in the Walterdale Flats that could end in the development of a $1,000,000 recreation centre. In addition to the facilities already outlined under the Kinsmen plan, the minutes indicate that a skating rink, a hockey rink, an adult games area including croquet, horseshoes, etc., and a spray and wading pool have been suggested for future additions.

After the intial introduction of the concept of a municipally sponsored recreation program was pioneered in Alberta, other cities began to follow the example of Edmonton's venture. On April 1st, 1947, the Calgary City Council established, under By-Law Number 3714, the Calgary Recreation Commission. Since the Edmonton Recreation Commission was the model, the general plan of the By-Law set up an organization of a similar nature with an advisory board on sports and recreation. A Director of Sports and Recreation was appointed who was responsible to the Superintendent of the Parks and Cemeteries Department of which the Recreation Division is a subdivision. Under this set-up the Director does not have

* Recreation Commission Minutes, Edmonton, May 7th, 1953.

too much authority to carry on a comprehensive recreation program while he may receive direction from two sources.

In order to supply the need for a strong community recreation program in Calgary, the Calgary Community Recreation Association was formed in 1946. So popular did the movement become that by 1950 there were some thirty-two organized community clubs from various sections of the city. With the establishment of the Calgary Recreation Commission, these community clubs received support from the city in organizing and supervising recreation programs on the community playgrounds.

By the time Lethbridge was ready to set up a municipal recreation program, the deficiencies in the original Edmonton plan had become evident so that, when the Lethbridge Recreation Commission was set up in May of 1948, the Commission was given power to establish the policy for all amateur sports and recreation activities in the city. A full-fledged Recreation Department was set up under a superintendent who is responsible to the city council and conducts the recreation program on the city parks and playgrounds.

In starting off its recreation program, Lethbridge was very fortunate in that Fritz Sick, a pioneer industrialist of the city, had donated a gift of $100,000 for just such a project. To this donation was added the reserves built up during the war years so that, when the city embarked

on its program of providing the best possible recreational facilities, it was able to construct the major units without running the city into debt.

Mayor D.H. Elton procured the entire Royal Canadian Mounted Police barrack square, consisting of four square blocks in the heart of the city, from the Dominion government as the site of the new recreation centre. After four years of intensive activity, the Civic Sports Centre building was officially opened by Emil G. Sick in October, 1949, and dedicated to the memory of his father whose far-sighted gift had started the whole scheme.

The service clubs of Lethbridge accepted the challenge of more recreational facilities to the extent that the Lions Club spent $60,000 on a heated swimming pool for the new Civic Centre and the Kinsmen Club donated $40,000 for an up-to-date playground in the same area. To these facilities was added, in 1950, a $240,000 Ice Centre which houses the largest covered-ice surface in the Dominion. It contains a skating and hockey rink 180 by 80 feet; ten curling sheets; seating accommodation for 800; dressing rooms and showers for girls and boys; a glassed in spectator's room and lobby; and a refreshment concession. Other development work in prospect for the Centre embraces a quarter-mile cinder track, a turfed football pitch, and a new fastball diamond.

In operating the Centre, the established policy is that

its program shall be built up to where the Civic Sports Centre shall become the centre of all community activities where practically all groups can make use of the building; that the rates must not be excessive so as to defeat the purpose for which the building was planned; and finally, that, as a general policy the building is open to all groups, or individuals, so long as the activity conforms to the rules governing the purpose, use and maintenance of the building.[7]

Together with the recreational facilities that had previously been provided at Henderson Park, with its swimming, golf, baseball, fastball and playground facilities, and in six other smaller playgrounds, the City of Lethbridge has for its size become the best equipped recreational centre in Alberta. The Community probably deserves the self-styled title of "Recreational Capital of Canada" for fifty per cent of the population maintain an active membership in sport and cultural clubs most of which now centre their operations around the Civic Centre. Lethbridge also boasts a very low juvenile delinquency rate as a result of their intensive recreation program citing as evidence the fact that during an eighteen month period only two youths under eighteen years had to be taken to correction institutions.

As well as the three aforementioned cities of Calgary,

7 Lethbridge Recreation Commission, Recreation Week Program, 1950, p. 24.

Edmonton and Lethbridge, Red Deer and Medicine Hat also have developed municipally sponsored year round recreation programs with full-time personnel as directors. These centres have, as yet, not developed very comprehensive programs for, being smaller areas, they have not the resources of the larger centres of Edmonton or Calgary nor have they had the substantial donations that gave Lethbridge its excellent start.

When the need for vocational training began to diminish during the high employment of the war years, the Alberta Health and Recreation Branch of the Department of Education began to devote more and more of its time to encouraging and developing the health and recreation aspects of the Dominion-Provincial Youth Training Program. By 1940 this phase of the Recreation Branch's program had expanded to the extent that at the close of the year there were 172 classes in operation in 104 communities in the province.

The slow change from the mixed recreational and vocational program to a purely recreational program became completed on the dominion level when the National Physical Fitness Act was assented to on the 24th of July, 1943. This Act came into effect in April, 1944, when the Dominion-Provincial Youth Training agreement expired. At this time the provincial program also became integrated with the National Physical

Fitness Act.

Under the present terms of the National Physical Fitness Act, all those provinces that complete agreements with the Federal Government receive matching per capita grants to augment provincial expenditure in the fields of fitness and recreation. While the actual carrying out of the fitness and recreational projects is a provincial and community responsibility, the Physical Fitness Division acts as a clearing house among the provinces for the latest information about physical fitness, recreation, physical education, community centres, sports and allied activities. It keeps in touch with the latest developments abroad and circulates reports on these to the provinces.

In Alberta the National Physical Fitness program is carried on as part of the work of the Health and Recreation Branch of the Department of Education, whose aim is to assist communities and provincial organizations throughout the province in the organization and development of recreation programs. The Branch has decided to confine its activities to people who are no longer in school since the schools have a satisfactory program and the teachers are carrying it out as part of their routine duties.

The cost of such a program is shared by the Dominion Government, the Provincial Government and the local community. The two senior governments share the cost of administration,

the training schools for Leaders, coaching schools, remuneration of Leaders and pianists when conducting authorized groups, Leader's manuals, supervision, winter conferences for Leaders, and assistance to centres in securing equipment.[8] The local community pays the cost of providing the buildings or premises for the local program; takes care of the cost of light, heat, water; the net cost of equipment supplied through the Health and Recreation office; and finally, it may supplement the remuneration received by Leaders from the Health and Recreation Branch.

In developing its program, the Health and Recreation Branch places major emphasis on the training of leaders for the lack of trained leaders appears to be one of the main problems confronting communities in their attempts to develop an adequate recreation program. The Branch sponsors a four week fully-residential Leadership school every summer which candidates selected by communities or organisations may attend. To qualify for a permanent Leadership Certificate the candidate is required to complete a total of eight weeks successful training and one year of field work. The Branch also holds a six day course for playground leaders just before the playground season opens for which no certification is offered.

8 Department of Education, Health and Recreation Branch, 1952, p.3.

This training program does not qualify the trainees to be considered as professional workers in the field of recreation but trains them for local semi-voluntary work. Authorities in the field of recreation recognize these trainees of the Health and Recreation Program as being qualified to do community work under the guidance of professionally trained workers.

Consultative services are also offered by the Branch to communities setting up a recreation program. To date the emphasis in Alberta has been placed on physical recreation, that is, athletics, sports and games, and on social recreation activities although, where Leaders are otherwise qualified and a desire is expressed, musical activities, dramatics, and outing activities have been authorized. The Health and Recreation Branch will reimburse Leaders for their services only if the class program has been authorized by the Branch.

As well as supplying trained leaders for community programs, the Branch will provide the same service to private agencies such as the Y.M.C.A., the Y.W.C.A., service clubs and church organizations upon request. During the 1951 calendar year, the Branch had 272 active Leaders serving 88 communities with a total of 262,880 participants in the various classes.[9] Although the number of communities

9 Ibid., p. 12.

availing themselves of the services of the Branch has not increased greatly over the past ten years, the number of active Leaders and participants in the program has shown a substantial increase indicating the success of the program once it has gained a foothold in an area.

The revival of professional teams with their high pressure advertising after the war did much to increase the emphasis on sports both on a participation and on the more passive spectator basis. Rugby football was the first to reappear on a professional level when the Western Conference comprising Calgary, Saskatoon, Regina and Winnipeg was revived in 1945. The activity received a tremendous boost when the Calgary Stampeders won the Grey Cup, emblematic of Canadian rugby football honors, in 1948. This was the first time that the coveted trophy had been won by a western team since the inception of the series.

The following year the Edmonton Eskimos also entered the Western Conference to make a five team loop. In 1952 the Edmonton team won the Western Conference title with the right to go East in quest of the Grey Cup. The Eskimos were not so fortunate as the Calgary Stampeders but during their drive for the Western Conference title they drew the largest crowds that had ever been present at any sporting event in

the history of Alberta. The peak of attendance was reached at a game between the Eskimos and Stampeders in the Western semi-final when a paying crowd of 15,100 jammed every available space in Clarke Stadium for an all-time record audience for a stadium west of Toronto.[10]

In the fall of 1940, the Alberta Senior Hockey League was reorganized following a period of inactivity just before the war. The league comprised teams from Calgary, Lethbridge, Turner Valley, Edmonton, Olds, Drumheller and Coleman. Despite a large turn-over of players because of enlistment into the armed forces, the league was able to carry on until 1943.

With the cessation of hostilities in 1945, the Western Canada Senior Amateur Hockey League was organized with Calgary, Edmonton, Saskatoon and Regina being its active members. The brand of competition developed in the league produced two Allan Cup winners, the Calgary Stampeders in 1946 and the Edmonton Flyers in 1948. Lethbridge also joined this league in 1947 and remained with it until it was disbanded.

In the fall of 1951, full-fledged professional hockey returned to the prairies when the Pacific Coast Hockey League was organized with teams from New Westminster, Victoria, Tacoma, Seattle, Vancouver, Calgary, Edmonton and Saskatoon.

10 Edmonton Journal, October 27th, 1952.

Although the aforementioned leagues did not get the enthusiastic support that was characteristic of hockey fans before the second World War, the greater competition that has developed in professional hockey recently has begun to draw larger crowds. The revived interest in hockey also warranted the starting of a Western Junior Hockey League with Regina, Moose Jaw, Calgary, Lethbridge, Medicine Hat, Edmonton and Crowsnest operating on a professional basis.

In an attempt to gain back some of the fans lost to the rival sport of softball, the baseball interests sought and gained entrance into the Western International Baseball League at the close of 1952. The only Alberta cities holding franchises in this eleven team professional league are Calgary and Edmonton and, should the weather prove favorable, the advance publicity indicates that the brand of competition offered will draw support from the fans.

The discontent with the type of physical education being taught in the Normal Schools under instructors supplied by the militia continued to be felt for a few years after civilian instructors replaced the militia. This discontent was aimed in two directions: a revision of the physical education curriculum and time allotment for the course, and a revision of the teacher-training course to

conform more closely to the program in physical education.

Study groups were held in Calgary and Edmonton to discuss the physical education program in 1940 with the Calgary group recommending that the 1933 syllabus be used only as a reference for teachers while a special committee studied the new 1940 outline of "Physicial Training Manual for the Junior High School". This group also recommended that the summer session courses in physical education be revised with a course offered that would have a direct relation to the Physical Education 2 course in the high schools.[11] The recommendations of the Calgary study group were readily accepted and quickly adopted while that of the Edmonton study group met with the same resistance as do similar suggestions today. The Edmonton group recommended that three periods were inadequate for physical education and the subject should have a minimum of one period per day or five periods per week.

The schools in Edmonton were at that time allowing three periods per week for physical education, conforming to the Provincial Education Department's recommendation that from two to four periods per week should be allotted to physical education. The city was one of the few areas in the Province observing this recommendation for, even in 1945, the Department of Education, in its annual report, laments that

> Physical training is often neglected, especially

11 Annual Report, Department of Education, 1940, p.21.

> during the winter months when pupils are largely confined to the school rooms. Except in a limited number of schools the equipment, facilities and lack of qualified teachers are limiting factors.[12]

The war brought with it a new awareness of education as it had of recreation. Education, including physical education, was now expected to give the pupil a greater knowledge and interest in his own community as well as in more purely academic fields. Apparently some of the "old school" teachers were having difficulty in adjusting to the newer concept of education for the Department was not too happy about the manner in which the school curriculum was being interpreted in some cases.

> Health and Physical Education are not tied in with community life in such a way as to really improve health practices. In the busy classroom they can too easily degenerate into the dictation of notes on "health facts" and the practice of "stretching exercises" to relieve classroom routine. 13

When the war ended, education remained in the limelight and a committee was set up to prepare recommendations as part of a general Post War Reconstruction Programme. In their recommendations, the Committee outlined a plan for

> ---amalgamating the Normal Schools and the University Faculty of Education, and making all teacher training a responsibility of the University, thus formally recognizing school teaching as a learned profession entitled to the highest type of training and to a salary scale appropriate to such a profession. 14

12 Annual Report, op. cit., 1945, p. 25.

13 Annual Report, op. cit., 1943, p. 27.

14 Education Committee, Post War Reconstruction Programme, 1944, p. 7.

Appropriate to the suggestion of the Committee, teacher training was transferred from the Normal Schools to the Faculty of Education of the University of Alberta in the fall of 1945. The Committee also recommended that the physical education program of the University be expanded to conform with a previous recommendation made by the National Physical Fitness Council at Ottawa.

The National Physical Fitness Council had recommended that universities

> --- should establish degree courses in physical education and health. Granting that fully trained specialists are required, and that Canadians should not be forced to go to American universities to get degrees in physical education, it would seem that one university might serve the four western provinces in this respect. 15

It was not until September, 1950, that this recommendation of the Committee was adopted, however, and the University of Alberta began to offer the degree of Bachelor of Education in Physical Education. This is a four year course offering an extensive background in the biological sciences, health, physical education and recreation. Graduates of the course will be qualified to fill any of the following positions: teaching physical education in a high school and supervising physical education in all the schools of a division; teaching physical education and acting as a director of recreation for a community; director of recreation

15 Education Committee, Ibid., p. 25.

for a community or district; and finally, as a director of physical education for private and semi-private organizations.[16]

Each change in the teacher training program from the turning over of physical education instruction by the militia to civilians in the Normal Schools through to the transferring of the Normal Schools to the University of Alberta and the subsequent introduction of a degree course in physical education at the University, has seen a steady increase in the quality of qualified persons available to teach the physical education program in a manner that is compatible with present day objectives.

Qualified teachers and a good course of studies are, however, not the only requirements of a good physical education program. The 1951 Annual Report of the Department of Education records that

> Instruction in Physical Education is improving with the wider acquisition by many schools of gymnasium facilities. In schools lacking indoor accommodation for classes in Physical Education, it is still customary to place instruction in this subject in spring and fall when the periods can be taken outdoors. In the winter the concentration is in Health. Growing community interest in youth activities and Health Education favor more second-year courses in Physical Education than are offered. A strong effort is made by the inspectors to encourage improved Physical Education programs in the schools. 17

16 Physical Fitness Division, Recreation, Physical Education and School Health Education in Canada, 1952, p. 129.

17 Annual Report, op. cit., 1951, p. 45.

The lack of adequate indoor facilities is a very important factor in Alberta where most of the teaching months fall during the cold winter season. The 1947 Annual Report very adequately sums up the reasons for the continued reluctance of some areas to furnish the schools with the facilities required to carry on a good physical education program.

> Although the need for auditorium-gymnasium facilities is urgent in the large centres, yet because of the attitude of some school board members and part of the general public in regarding this feature of a school as a pure luxury and the difficulty of financing buildings at present high costs, it appears that this accommodation in many instances will be postponed for some time. 18

The post war industrial boom, sparked by oil discoveries in Central and Northern Alberta, has brought a large number of new families into the Edmonton region. This additional growth in population together with the natural increase within an area has placed an added load on already overtaxed school facilities. School boards have been compelled to build new schools at a much faster rate than ever before and under the added burden of high costs.[19] However, most of the new schools being built are

18 Annual Report, op. cit., 1947, p. 24.

19 Edmonton Journal, November 20th, 1952.

being provided with gymnasiums even if their size does not conform to standards consistent with the size of the school.

In 1947 the composite high school made its first appearance in Alberta when the Red Deer Composite High School started classes in September of that year. Since then many school divisions have adopted the composite school idea as a means of providing students with a maximum of facilities with a minimum of duplication. Modern busing methods make it possible to gather students from widely separated areas and bring them to the central location where better facilities and specialized teachers offer a more adequate and varied program.

Of all the composite schools that have been built in Alberta, the one that has achieved the highest acclaim and has cost the most money is the Victoria Composite High School in Edmonton. The $5,000,000 structure contains an auditorium seating 758 people, a gymnasium with accommodation for about 800 people and an "L" shaped 75 foot swimming pool as well as twenty-seven academic classrooms, twelve commercial classrooms, a home economics wing, a shops wing, a medical centre, a ceramics room, an arts and crafts room, a music room, a drama room, and a cafeteria which is at present converted for use as Edmonton

Public School Board offices.

The gymnasium seating capacity is made up of permanent and folding bleachers which, however, when they are both in use, will not accomodate the entire student population of 1,300 students. To facilitate the teaching of physical education, the gymnasium is provided with an electrically-operated panel which divides the large gymnasium area into two smaller gymnasiums so that both boys' and girls' classes can be carried on at the same time. This gymnasium together with the ultramodern swimming pool, which is the first of its kind in Alberta, makes the Victoria Composite High School the best equipped physical education centre in Alberta.

Edmonton has since laid plans for two more composite high schools. One, Eastglen Composite High School, is at present being built in the eastern section of the city and should be completed by the fall of 1954. It is to be almost an exact duplicate of Victoria Composite High School except for the swimming pool and auditorium which have been omitted because of the high building costs. The other composite high school is proposed for the southern portion of the city and will not be started for at least another two years. This proposed school is to be an exact duplicate of Eastglen Composite High School.

With the publicity accorded the building of these

multi-million dollar structures, the public has taken a keen interest in the facilities they will provide for community recreation as well as for the education of their children. This interest has shown itself in South Edmonton where several organizations have protested the deletion of some of the facilities that are now available at Victoria Composite High School.

The interest that the general public has begun to take in recreation and physical education facilities bodes well for future installations provided that their interest goes far enough for them to provide the necessary monetary support also needed.

CHAPTER VIII

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary. The simple games of the Indians offer a good example of the athletic recreational activities of a primitive society. These, together with the mimetic dances of the Indians, show the emphasis a savage peoples place upon the vigorous physique so essential in their rugged mode of life. Although physical education was not carried on in the sense in which it is thought of today, the Indians usually subjected their sons to a period of strenuous physical endurance before they were admitted to the tribe as young warriors. The warrior's success in life depended upon his ability to master the skills, such as canoeing, horse-back riding and archery, that we now regard as purely recreational skills.

The type of activities and their organization also reflect the primitive culture of the Indians. Their recreational athletic events were necessarily simple, with a great deal of competition reflecting their highly competitive mode of life in which one error might mean death. The simplicity itself showed the intense individuality of the warrior for in only one game were the Indians able to work together with some sort of teamwork. Lacrosse, the Indians' only team game, could be considered as that because two

groups made up the opposing parties even though the players usually played as individuals, with each person trying for the ball rather than passing the ball between team members.

With the signing of the treaties with the Indians, the way was opened for settlement of the Alberta area. As the settlements were scattered and the administrative unit of the North-West Territories covered what now constitutes the two prairie provinces, the white settlers had little opportunity to organize their recreational activities on much more than a local level. Target shooting, the only activity that achieved a territory-wide organization, based its contests on telegraphic communications, and was associated with the militia which encouraged interest in the activity.

Some form of league organization was achieved, however, when the towns along the Canadian Pacific Railway had regular games amongst themselves to determine the championship of the area involved. The great distance, the time involved and the high cost of travel prevented organization of sporting activities on a territory-wide basis.

The formation of the Province in 1905 paved the way for a more compact unit of organization for the numerous athletic associations that were developing. Once organized on the provincial level, athletic associations affiliated

with dominion-wide groups which claimed jurisdiction over all Canadian activities in the particular sport with which the association was concerned. This has remained as the standard organizational form in which amateur sports are still operated in Canada.

The school children were encouraged to become more interested in physical recreation when a formal program of studies for physical training was authorized for use in the schools. Although the type of physical education taught under the original program may have discouraged some children from participating in physical recreational activities, the program, nevertheless, was the entering wedge in the schools which had previously concentrated on a strictly academic program. Subsequent changes in programs of studies and methods of teaching physical education are gradually developing this course into one which is now felt to be more compatible with the interests of the students.

Organizations other than sports clubs began to develop recreational activities for both young and old, although in the newly settled West the emphasis was naturally on the young adults who formed the main portion of the population. The depression during the 1930's declared a temporary halt to the interest of private organizations in recreation for their depleted treasuries could not cope with

the increased need for recreational facilities and organization.

This gap in recreational development was finally filled when the senior governments used their authority and resources to establish the Dominion-Provincial Youth Training Program. Although the Program originally had its basis in vocational training as well as physical training, the vocational aspects were dropped as soon as the unemployment problem disappeared in the throes of the second World War. Subsequent changes have taken place in the original agreement between the Provinces and the Dominion, but these two governments still work together to organize recreation in areas that do not have the benefits of a municipally sponsored program.

In conclusion organization for and emphasis on physical recreation has shown a steady growth in Alberta. This is a healthy reflection of the development of a vigorous populace required to carry on the Province's rapid expansion.

Conclusions. This study shows several characteristics in the development of recreation in Alberta.

(1) Although the Indians comprised the majority of population during the very early years of the Alberta area,

few of their recreational activities were adopted by white settlers. They had no organizational developments to contribute to later recreational development and, therefore, had only a passing influence on recreation in Alberta.

(2) Whenever a strong organization took charge of an activity that activity flourished indicating that Albertans in general are interested in recreation but may need a little more encouragement and direction from a strong organization to develop and keep up interest. The army management of the track and field meets in both 1885 and 1943 resulted in outstanding meets being held on both these occasions in marked contrast to the seeming lack of interest exhibited in this activity at other times.

(3) The individual provincial associations arose out of a felt need for more guidance and organization in recreational activities. These provincial associations now cover all activities and have a tendency to compete with each other for the support of the public. With this development, the Province is now experiencing a need for a strong unifying and co-ordinating body.

(4) The service clubs have been among the most consistent voluntary supporters of recreational activities, with their activities not limited to specific groups but conducted for the good of all who want to participate. The

co-ordination of the contributions of these service clubs has resulted in especially worthwhile projects such as the Lethbridge Community Centre.

(5) In its endeavours in the recreational field, the Provincial Government has been following the basic policy of the Dominion Government under the National Fitness Act. Because the Provincial Government places its emphasis upon voluntary help under the guidance of central professional recreational workers and does not have paid professional district recreation directors, the recreation program in the rural areas is lagging behind the programs of those municipal centres that have paid recreation workers.

(6) Professional sports have become a major factor in the recreation picture and are tending to overshadow amateur activities.

(7) The relatively slow, yet consistent, development of recreation in Alberta is the result of the interaction of a great number of factors. Among the main factors are the political divisioning of the area into its present provincial boundaries, the geographic features of the Province, its climate, the variety of racial groups, the density of population, the location of the settlements, transportation facilities, and, finally, the economic wealth and the stage of development of the settlements.

Recommendations. In the opinion of the writer much could be done to facilitate the effectiveness of recreation and physical education in Alberta. It is felt that increased activity in three areas would develop much more active participation and interest in physical recreational activities. These areas are, (1) providing adequate facilities for recreation and physical education, (2) teaching the fundamental skills of individual sports to both adults and school children, and (3) publicizing the advantages and benefits of participating in physical recreation.

Each of these three areas is sufficiently important to merit extended comment:

(1) The problem of providing adequate recreation and physical education facilities has constantly plagued administrators in the field.[1] Even as recently as November 20th, 1952, an editorial in the Edmonton Journal adopted a very negative attitude towards the supplying of the so-called "extras", such as swimming pools and auditoriums, for the new high schools in Edmonton.

> Having a regard to the primary need for plain classrooms, the addition for home economics and so forth might be questioned. --- The growth of residential population on the south side makes the latter [a new composite high school] essential. The north side already has Victoria Composite, and Eastglen Composite is under construction. Even so, any effort to match the Victoria "extras", either at Eastglen or at the new south side composite school,

1 See Pages, 98, 114, 116, 133, 148.

cannot be justified at this time.[2]

This attitude that proper physical education facilities are still frills calls for correction through a comprehensive program of public relations. The decline in juvenile delinquency, noted as a result of an intensive recreation program using the extensive facilities in Lethbridge, could certainly be cited as a noteworthy achievement in this field.[3]

(2) The providing of adequate facilities would enable instructors in recreation and physical education to carry on teaching programs in individual sports for both children and young adults.

Where courses are offered in individual sports at a reasonable cost these frequently receive overwhelming support, as in the following instance: In January of 1953 the Red Cross announced that swimming classes would be held for young married women and business girls from 7:00 to 9:00 on Monday evenings at Victoria Composite High School Swimming Pool. The announcement was made once over a local radio station and received only a short write-up in the Edmonton Journal; yet, in response, the Red Cross was swamped with four hundred eager young women who wanted to learn how to

2 Edmonton Journal, November 20th, 1952.

3 See Page 135.

swim. If more instructional programs of this nature were held for the young adult group, individual participation in sports would be increased. This increased participation would create more interest in proper recreational facilities among those who are able to contribute towards the expenses involved in providing better recreational facilities.

In line with this general recommendation, one specific suggestion is proposed: The University of Alberta Extension Department is at present offering various cultural courses for young adults which have gained a wide reputation and large following. If the Extension Department would offer courses, without University credit, in the individual sports, it would undoubtedly find these would rank among its most popular endeavours. The cost of such a course would not be as great for a beginner as present rates charged by clubs and professional instructors. This, plus the fact that people are more prone to take courses at the University than they are to join private clubs when they are in the process of learning an activity, would encourage more beginners to learn the skills involved in the individual sports.

(3) To go hand in hand with providing adequate facilities and competent instruction, administrators in the recreational field must educate the general public to the advantages to be gained from personal participation in phys-

ical recreation. At present a great deal of advertising is given to sporting events and, as Mayor Don Mackay of Calgary says,

> Sport is going through an era of specialization and is coming to ruthless competition. We must determine whether sport is a business or a medium to produce better men in city, province and nation. 4

Unfortunately at the present time the advertising of sporting events is leading towards an era of spectator sports where crowds of 15,000 watch perhaps fifty men get a strenuous physical workout.[5] This publicity should be redirected to give more emphasis to activities in which the majority of people actually participate.

The realization that good physical health is essential to the development of a vigorous country led the Dominion Government to establish a Physical Fitness Division of the Department of National Health and Welfare.[6] Educators also stress the importance of individual participation in developing a vigorous population.

> Strength for defence is usually thought of in terms of machines, but a McGill University professor believes another form of it - physical fitness - also is essential to national security. He is undoubtedly correct; the men must be equal to the machines and strenuous demands of modern warfare.

The professor, Dr. J.B. Kirkpatrick of the McGill

4 Edmonton Journal, October 30th, 1952.

5 See Page 143.

6 See Page 138.

> school of physical education, is not happy about the physical condition of Canadians today. As a whole, they are in "pretty bad shape", he has told a group of Montreal businessmen. Nor did he feel that Canada's record in fitness was anything of which to be proud.
>
> As a remedy, the McGill professor advocates more participation in sports, particularly individualized ones such as tennis, badminton and golf. Whether any of these, or any particular game, will fill the bill probably depends on the individual.
>
> Many Canadians nowadays consider it fashionable to "pooh-pooh" exercise in any form more strenuous than resolutely pushing oneself away from the dinner table. Yet muscle, internally as well as externally, is the predominant element in the human body, while, under the name of physical therapy, progressive exercise has repeatedly demonstrated its remedial and curative powers among those injured in war or by accident, or crippled by disease.
>
> In these dangerous times, Canada undoubtedly needs a higher level of physical fitness, of the sort that is bought, not with high medical bills, but with personal effort. 7

With both educators and government agencies convinced as to the value of active participation in physical recreation, it seems strange that no comprehensive program of public relations has been undertaken to convince the general public of the benefits to be derived from actively participating in physical recreational endeavours.

The three areas recommended for attention by the writer cannot be treated as isolated units, for activity in any one area would necessarily require adjustments in the

7 Edmonton Journal, December 1st, 1952.

other two areas. In tracing further the trends in organizational development, it would seem that some centralizing and coordinating organization is necessary to give direction to the present numerous associations and organizations working in the field of recreation. This central organization would be the logical administrator of the three recommended methods of improving participation in physical recreation.

In preparing this study the writer realizes that only the first step has been taken to uncover the vast field of recreation and physical education in Alberta. It is hoped that others interested in the field may find inspiration to carry on further studies in some of the areas that are herein treated briefly in developing an overall picture. Such further study might possibly include the histories of the individual sports, recreation among the Indians up to the present day, recreation in the individual localities and the interaction of recreation and community development.

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APPENDIX

APPENDIX A

GYRO PLAYGROUND NOTES

(Copied from the Edmonton Journal, June 20th, 1925.)

Someone has said that the tendency of modern life, with its labor-saving machines and rapid means of transportation, is to increase the leisure hours, and the problem of leisure hours is the problem of our western civilization.

The playgrounds of this city, equipped and operated by the Gyro Club, are developing a program which is not only proving attractive to the smaller children but is drawing the youths and, to an increasing degree, the adults as well. Every day and evening, Patricia, Kitchener and Tipton playgrounds are accommodating upwards of 1,000 people who are not present as spectators only, but who are participating in the up-to-date program provided and using the playground apparatus to capacity.

Soft ball league. Last week a soft ball league was started with thirty teams, or more than 300 players. This is being followed by the introduction of the international athletic badge test, which enables the average man or woman, boy or girl to qualify as a physically-fit citizen, measuring up to standard as a runner, jumper, climber and thrower.

The tests are in three grades, viz., First test for beginners, second test for those who have qualified in the

first, and a third test for the expert. Bronze badges are awarded to the winners of these tests, together with a certificate of physical fitness.

It is expected that upwards of 500 citizens will qualify for these badges this season. For particulars see the play directors on the various playgrounds.

An athletic night. In the near future it is the purpose of the club to inaugurate an athletic night, when competitive handicap athletics will be participated in. There will be an expert on the grounds to instruct in the finer points of these events. It is thus hoped to place athletics in Edmonton back on the pre-war footing, and incidentally to develop material for future Olympics.

There is no let-up in the program for kiddies. All the old apparatus is being renewed. Group games and a story hour are also part of the well-rounded program. The Saturday afternoon special features are growing very popular.

The old game of horseshoes has a considerable following among the more mature men, and tournaments are in the offing.

APPENDIX B

PHYSICAL TRAINING NEEDED IN SCHOOLS, HOMES, SAYS MCKEE

(Copied from the Edmonton Journal, January 21 st, 1933.)

Perfecting of the bodies of students, as far as it lies within the power of educationalists, is just as much a part of the educational process as is the training of the mind, according to Supt. G.A. McKee of the Edmonton Public School Board.

His observations are contained in a lengthy report which he prepared for the board following a decision to wipe out cadet training in the city schools and substitute in its place a more intensified form of physical training.

New conception. The concept of physical education, he says, takes thought of the whole individual and not merely of his bodily strength. The development of social efficiency and the modification of behaviour gnanerally are of much greater importance than the cultivation of large biceps. The regime of the formal physical exercises where a large number of pupils perform a series of movements at the command of an instructor is making way for a more natural system of free play in which the pupils participate as actors, having a purpose in view and with wide opportunities of self-direction and self-expression.

"It is this latter spirit which should motivate our entire efforts in physical education," Mr. McKee states.

The first step of such a program of health and physical education should be taken during the pre-school age of the child. Ideally health education in all its phases is a function of the home but not all parents are infomed in health matters nor are they capable of training and instructing children properly, he says.

Important work. The popular method of reaching pre-school children is at a "summer round-up" when children who are to enter school in September are examined by a physician and nurse. The findings are explained to parents who are urged to correct any faults before the children go to school. As a result pupils who otherwise might be absent in September from physical ills, do not have those ills and attend their classes.

The school method department is part and parcel of a program of physical education, Mr. McKee explains. The existing physical condition of an individual naturally is the starting point for any course in physical training, and the school medical department could recommend to the teacher just what exercises such an individual student should take.

"It may be very interesting to watch a group of

children performing a series of physical exercises gracefully and in unison but that isn't necessarily physical education," the school superintendent observes. Physical condition of each child should govern the form of exercises for that child.

Transformation possible. Activities in the early grades should be based on the play instinct as games have a positive educational influence. Children who are slow and dull, who observe but little of what goes on around them, who react slowly to external stimuli, who are slow to hear, to observe, to think and to do, may be completely transformed in these ways by the playing of games.

The sense perceptions are quickened. The clumsy, awkward body becomes agile and expert. To play actively and happily is a factor of inestimable value in the all-round growth of the child.

A few children at first do not know how to play; they must be taught.

On each school playground there should be standard playing equipment such as teeters, sand boxes, etc. The only formal exercises in the small grades should be breathing and stretching exercises.

"The children in the early grades should learn to swim as soon as possible," Mr. McKee declares. "In Edmonton we

are fortunate in having three splendid municipal swimming pools of the priveleges of which the children may avail themselves at nominal cost. Swimming is not only a safety device but it is recognized as an excellent physical exercise and the children just revel in the water."

Teamwork a factor. In the upper grades free and supervised games adapted to the age of the pupils will continue to occupy the pre-eminent place. It will be necessary to segregate the sexes. Work with the girls will include marching, free standing exercises, running, folk dancing, wand drill, dumbell exercises, club swinging, mass athletics, skating, first aid, etc. That for the boys will include marching, free standing exercises, running, dumbell exercises, club swinging, gymnastic work, mass athletics, field and track events, skating, first aid, etc.

Teams would be organized for such sports as football, basketball, volley ball, baseball, hockey, lacrosse, cricket, badminton, etc.

Mr. McKee, however, is inclined to limit inter-school competition in sports to the challenge cup basis. An elaborate system of leagues and schedules results in restricting participats, stressing the idea of winning, creating unsportsmanlike attitudes, as between schools, and consuming an unwarranted amount of time.

Would change plan. The annual field day at present is conducted in the early fall and the school superintendent says that this breaks up the entire month of September in school work and retards organization. He suggests that it be held on Empire Day.

Health talks and the authorized instruction in physiology and hygiene are also considered as an integral part of a physical training course and have a definite place in a time-table.

Participation in sports activities which have a carry-over into adult life as hobbies should be encouraged in the case of each pupil. Such activities not only provide a pleasurable occupation for leisure time but such means of relaxation are now recognized as a potent device in off-setting the stress and strain of modern life.

Education, Mr. McKee concludes in his report, is the integration of the child's personality, the balanced development of every phase in the child's life - the physical, the moral and the mental. It is the business of the school to assist the child in journeying joyfully along these various pathways. Physical education should by no means be made an exception. On the contrary, the child's experience with this course should be one of continued pleasure and happiness.

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